WEAR IT EVERYWHERE
THE ESSENTIAL FALL VEST

CLEAR THE CLUTTER
(WITHOUT HATING EVERY SECOND OF THE PROCESS)

HEALTHY EATS
FOR YOUR CAT OR DOG

Canadian Living

40th ANNIVERSARY

80+
RECIPES & IDEAS TO
SIMPLIFY YOUR Life



Surprise: two kinds of cheese inside!

YES, YOU CAN WEAR RED LIPSTICK!

SWEET POTATO TARTE TATIN
P. 84

CURTAINS UP!
FABULOUS (affordable) WINDOW COVERINGS

TVA PUBLICATIONS
SEPTEMBER 2015 $3.99
09
6 20058 71551 2
PM41557548



SEEING CHANGES IN YOUR SKIN?
IT COULD BE LOSING VOLUME.
NOW RESTORE FULLNESS, SMOOTH WRINKLES.

BECAUSE YOU'RE WORTH IT.

NEW

REVITALIFT™
VOLUME FILLER™

RE-VOLUMIZING HYDRATION

■ WHAT IS VOLUME LOSS?
HAVE YOU NOTICED THAT AS YOU AGE YOUR SKIN LOSES VOLUME, BECOMING LESS PLUMP? THIS VOLUME LOSS IS DUE TO A DECREASE IN HYALURONIC ACID, WHICH NATURALLY OCCURS IN SKIN TO HELP MAINTAIN MOISTURE.

■ THE SOLUTION: REVITALIFT™
WITH OUR HIGHEST CONCENTRATION OF HYALURONIC ACID, VOLUME FILLER™ HYDRATES TO VOLUMIZE SKIN SURFACE LAYERS AND SMOOTH WRINKLES.

★★★★★

In less than a month, my skin looks plumper and wrinkles are less noticeable. I'm being asked what my secret is!

Eugenia, ommorphiabeautybar.com

Find out more about volume loss at **volumefiller.ca**

BOOST YOUR SKIN PLUMPNESS† **3X MORE** WHEN USED TOGETHER



©2015 L'Oréal Canada
™*Toronto International Film Festival Inc., used under licence.
*Source: *Euromonitor International Limited*, retail value RSP terms in 2013. †Versus the use of cream alone.

tiff.40 toronto international film festival™*
OFFICIAL SPONSOR 2015

N°1 FACIAL CARE WORLDWIDE

L'ORÉAL® PARIS



A BELIEF IN MEAT RAISED WITHOUT ANTIBIOTICS. AND IN EXTRA SLICES.

Eight years ago, we made a commitment to bring you meats raised without the use of antibiotics or hormones. Today, our PC® Free From® line has grown to include delicious cuts of every kind, from fresh to frozen, whole roasts to deli slices. We think it's worth doing, and worth doing well.

pc.ca/freefrom

FREE FROM® CRAVE MORE™

In Canada, all pork and poultry are raised without the use of hormones.

All trademarks & logos are trademarks of Loblaws Inc. © 2015 Loblaws Inc. All rights reserved.

Canadian Living

CONTENTS

THE BACK TO BASICS ISSUE | SEPTEMBER 2015







Style

13 VESTED INTEREST
Revamp your 9-to-5 wardrobe with the season's most versatile topper: a long vest

16 GIRL CRUSH
Aritzia's fashion director has a bohemian heart

19 LIP SERVICE
Three of-the-moment lip colours, plus pro application tips

22 '70s REVIVAL
The disco era returns in a more wearable incarnation

Health

29 STAND AND DELIVER
Get-active strategies that will make your workday healthier

34 STRESSED OUT
Thinning locks? Anxiety may be the culprit

37 VITAMIN OVERLOAD
Supplements aren't always good for you

Living

41 LET IT GO
Find your purging style and declutter your home

49 FOREWORD THINKING
Novelist Margaret Atwood muses on modern literature

52 RIGHT ON SCHEDULE
Five tips that will help you ease back into your September routine

55 PET-FOOD MUST-HAVES
Vets' best advice for feeding time

Home

59 WINDOWS OF OPPORTUNITY
Our experts solve your toughest drapery challenges

66 BEST BUYS UNDER $100
Home accents that won't break the bank

68 HOME NEWS
Decorator Michael Penney dishes on distressed furniture

Food

71 THE ULTIMATE CHOCOLATE CHIP COOKIES
Everyone's favourite cookie, three ways

74 TEST KITCHEN TIPS
Prep tips from the Test Kitchen, plus our new fave ingredient!

77 QUICK & EASY
Inventive mains to get you through the week

82 YES, CHEF!
Q&A with Lynn Crawford

84 CIRCLE BACK
Try our easy and elegant cover recipe

87 LUNCH IS ON US!
Turn dinner leftovers into the next day's noon meal

93 ENDLESS OPTIONS
Four dishes that start with our seasonal tomato sauce

100 SUMMER IN A JAR
Get reaquainted with our retro chili sauce

106 EASY CHEESY
This sauce takes only eight minutes to make!

In Every Issue

7 CHECKING IN

10 BEST ADVICE EVER!

102 RECIPE INDEX

On the Cover



Photography, James Tse
Food styling, Michael Elliott/ judyinc.com
Prop styling, Jennifer Evans

PHOTOGRAPHY: JACLYN LOCKE (WOMAN); ZEKE RUELAS (ROOM); JEFF COULSON (FOOD)



Road Trips JUST GOT HAPPIER!







HOJO – Your road trip sidekick!

- More than 50 locations throughout Canada
- Free complimentary breakfast*
- Free Wi-Fi
- Kids under 17 stay free
- Bring Fido at some locations!

GO HAPPY. GO HOJO.®

Howard Johnson®

* Rise & Dine Breakfast available at most locations,
©2015 Howard Johnson International, Inc. All rights reserved.



SHELF LIFE

Once you're rid of the stuff you don't need (see page 41), these storage systems will help you stay organized.
canadianliving.com/beststorage



YES, YOU CAN

Preserve the taste of summer with our easy-to-make jams, chutneys and pickles that you can enjoy the same day.
canadianliving.com/canning

SEPTEMBER 2015

Canadian Living.com

Trusted info from Canada's largest magazine site for women



YOU CAN DO THIS LYING DOWN

Better sleep can improve your concentration and boost your mood.
canadianliving.com/sleep



PACK-ALONG PICKS

Brown bagging it has never been so easy with these 22 quick and easy lunch ideas.
canadianliving.com/lunch

STAY CONNECTED with *Canadian Living* wherever you are!

m.canadianliving.com | facebook.com/canadianliving | pinterest.com/canadianliving | @canadianliving | @canadianliving

PHOTOGRAPHY: DONNA GRIFFITH (FRONT HALL); JEFF COULSON (JARS, LUNCH); DARRELL EAGER/GALLERY STOCK (WOMAN)



Chefs spend their working hours juggling tasks—which may be why Lynn Crawford took so easily to editing.

Confessions of a Multitasker

The other day, a film buff friend posted on Facebook, noting that, less than half an hour into a movie she'd started watching at home, she found herself reading emails and, well, posting on Facebook. For her, that was a sign of a not-great movie; it failed to grab her undivided attention. But, in fact, it's pretty common for Canadians to look for entertainment on more than one screen at a time. According to a study by market research firm Millward Brown, 37 percent of our screen time involves both a television and a digital device such as a tablet or a smartphone. Sure, sometimes we're using the device to Google where the heck we saw that actor before, but about 28 percent of us are doing something totally different, like keeping tabs on a sporting event.

I admit, I'm a fairly regular dual-screener myself (and, psst, I even enjoy it). Yet, the busier my life gets, the more appealing a scheduled break from screens becomes. I'm not talking about a month or even a week (let's not get drastic here!), but a chunk of time, other than when I'm sleeping or having dinner with family, when I agree not to answer the siren call of my devices. In this issue, we offer some great, easy tips to help your whole family do just that (see "Right on Schedule," page 52). The bonus? Keeping your smartphone out of your bedroom at night will help you get a better sleep.

As a proud multitasker, I'm also notorious for typing an email into my phone while assuring the person next to me, "Keep talking; I can listen and type at the same time!" While that's true (I won two keyboarding awards in high school and can practically type in my sleep), I've decided it's nicer to just look people in the eye when they're talking to you. So my new motto is: Do one thing at a time—at least sometimes.

Sandra E. Martin,
editor-in-chief

PHOTOGRAPHY: DAVID WILE (MARTIN, CRAWFORD, WAUGH); YVONNE DUIVENVOORDEN (TURKEY).
HAIR AND MAKEUP, CAITLIN CULLIMORE/M.A.C COSMETICS/JUDYINC.COM

CELEBRATING FORTY YEARS 40th ANNIVERSARY of CANADIAN LIVING

Watch for this seal!

It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com/CL40.



CRACKING GOOD FUN

Since we're on the topic of multitasking: We challenged this month's guest editor, Chef Lynn Crawford, to crack six eggs in a single go—and she challenged our Food director, Annabelle Waugh, right back. Did either succeed? Find out at canadianliving.com/eggs.

COMING NEXT ISSUE



I'm only half joking when I say that Thanksgiving is like Oscars season here at *Canadian Living*. We plan for months so that you can dazzle your family and friends on Oct. 12. Don't miss our next issue for fabulous Turkey Day recipes and planning tips, plus much more online at canadianliving.com/thanksgiving.



Chef Lynn (as she calls herself on social media) felt right at home in our offices.

Lynn Crawford

IF LYNN CRAWFORD is tired, there is absolutely nothing about her that betrays it. The Toronto-born chef has been travelling across the country while taping the new Food Network Canada series *The Great Canadian Cookbook*, running back and forth between her two restaurants, writing a cookbook and moving house. Yet, her eyes sparkle, she has that proverbial spring in her step and she waves her hands animatedly as she speaks at a mile-a-minute pace.

Does she ever get tired? "I am always working," she answers matter-of-factly. "But I love it so much!"

Lynn achieved spectacular success as executive chef for Four Seasons Hotels and Resorts, first in Toronto and then in New York (as the Sinatra song goes, if you can make it there…), garnering critical accolades as well as the distinction of becoming the highest-placed female chef in the entire organization. For her part, she credits those years with developing the leadership skills she needed to take her next career leap: opening her own restaurant, Ruby Watchco, in 2010.

In a city whose unspoken culinary rule is, Whatever else you cook, make sure you include a Caesar salad, Lynn made the bold choice of offering a daily table d'hôte menu—basically offering paying guests what she feels like feeding them, based on what's locally available. "I'm inviting people to come into my restaurant, and I want to give them the very best experience," she says. "I want to cook for my guests with as much heart and soul as I possibly can."

Just this year, Lynn opened a second restaurant, The Hearth by Lynn Crawford, inside Toronto's Pearson International Airport, offering her signature farm-to-table approach in a setting that not long ago was better known for cellophane-wrapped sandwiches and fast food. (Good news for frequent flyers: Fellow chefs Roger Mooking and Susur Lee have recently opened their own eateries at the airport, as well.) In many ways, running this new restaurant is more challenging to Lynn than the higher-profile Ruby Watchco. "At The Hearth, it's my name, my recipes—but I'm not there every day. Ultimately, it's about the great managers and the great training that you give the talented chefs there." As a leader, she says, her goal is to help everyone on her team "live up to all of their dreams."

For Lynn, the secret to success may not be easy, but it is quite simple: "You have to work just as hard or harder than everyone around you. I'm competing against myself. If the bar is set here, I'm always pushing it another 10 notches up so I'm achieving that excellence."

She continues, "You create your own destiny. If you love what you do and you are supporting those around you, you will be successful." ●

PHOTOGRAPHY, DAVID WILE. HAIR AND MAKEUP, CAITLIN CULLIMORE/M.A.C COSMETICS/JUDYINC.COM

What if dream kitchens actually came true?

BOSCH
Invented for life



Bosch. Believe it.

Believe in inspired innovation. From the delicious perfection of Steam Convection to the revolutionary flexibility of our FlexInduction™ to the legendary quiet performance of our signature dishwashers, you can count on Bosch for everything you want in a kitchen – and so much more.

Luxe APPLIANCE STUDIO

CALL 1-888-966-5893
TO BOOK AN APPOINTMENT

Visit our showrooms in Toronto and Montreal.

www.bosch-home.ca

Not all models shown are available at all retailers. © 2015 BSH Home Appliances. © 2015 BSH Canada.
All trademarks are property of their respective owners. 15BCAN25-14-120185-2



CELEBRATING FORTY YEARS 40th ANNIVERSARY of CANADIAN LIVING

Best advice ever!

40 timeless tips from the archives of *Canadian Living*

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are ***four decades'*** worth of wisdom from the September issues of *Canadian Living*.

1 When pricing items for a garage sale, try to set personal attachments to your possessions aside. A good rule of thumb is to peg prices below "reasonable" and just above "ridiculously low." Put a price on everything displayed and be ready to bargain; most people expect it. ***— 1976***

2 Be imaginative in your yard-sale purchases. Squint your eyes a little and see how a porcelain bowl can be repurposed as the base of a table lamp or how a door can become a tabletop. ***— 1976***

3 Tulips can be planted now or at any time before freeze-up. If you were dissatisfied with the small size of the blooms on your spring crop, dig up the bulbs and respace them. ***— 1976***

4 For tender muffins and quick breads, mix the ingredients just until blended. Overmixing can result in a dense texture. ***— 1977***

5 To prevent tropical houseplants from drying out, mist leaves frequently and group plants together—the humidity level will be higher around multiple plants. ***— 1977***

6 The wine you cook with should be good enough to drink. ***— 1978***



7 Wine bottles should always be stored on their sides. This keeps corks moist and expanded so air can't penetrate and spoil the vino. ***— 1978***

8 To get the most out of your skin-care routine, apply products in the correct order (cleanser, toner, eye cream, moisturizer) and use them consistently. ***— 1980***

9 A fitness instructor can make or break a workout class, so try to meet your teacher before signing up. A good one should be well trained, be motivating and even have a sense of humour. ***— 1980***

10 It's not how much you sleep but, rather, the quality of sleep that counts. For a deep, restful sleep, try to exercise during the day, have a warm bath at bedtime and drink an herbal tea before retiring. ***— 1982***

11 Instead of decorating your children's bedrooms with juvenile furniture that you'll have to replace, invest in a few quality basics: a good box spring and mattress; a simple wooden dresser; and some adjustable shelving. Every few years, when you redecorate, you can add to your original purchases rather than discard them for new things. ***— 1982***

12 For your next stir-fry, try an Asian technique: Thinly slice flank steak across the grain for extra-tender strips of meat. ***— 1982***

13 Consider your face shape when choosing glasses. A round face wearing round glasses looks even rounder, while the lines of an angular face are reinforced by angular glasses. ***— 1983***

IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF *CANADIAN LIVING* THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT *CL40th@canadianliving.com*.



PHOTOGRAPHY: GETTY IMAGES (PLANT, BROCCOLI, MUFFINS); CARLYLE ROUTH (WOMAN)



14 Keep the volume of your headphones at a safe level. You should be able to talk to someone near you without shouting. ***— 1983***

15 To peel peaches easily, score the bottom, then plunge them into boiling water for 30 to 60 seconds. The skins will slip right off. ***— 1984***

16 Unlike vintage wines, great pies do not improve with age. For the best flavour, serve pie when it's fresh and still warm—preferably one to two hours out of the oven. ***— 1985***

17 Flexibility prevents many of the aches and pains we often think are part of getting older. Stretch regularly, holding the poses for five to 15 seconds, to safely increase your flexibility. ***— 1985***

18 If your workout routine consists of jogging, and only jogging, you could develop a muscle imbalance that may lead to injury. Try cycling and other activities to work different muscles in your legs and throughout your body. ***— 1987***

19 Allow firm tomatoes to ripen at room temperature. Arrange them in a single layer on a tray, out of direct sunlight. ***— 1988***

20 Change your pillowcase often. The buildup of facial oil on the fabric can cause blemishes. ***— 1989***

21 Food cooks faster in smaller portions. If you're in a rush for dinner, bake meat loaves in a muffin pan instead of a conventional loaf pan. ***— 1992***

22 Keep your brain fit and your memory sharp by reading, learning a new language or taking up hobbies or crafts that involve math. Keeping your mind active helps prevent dementia. ***— 1993***

23 Be your own health advocate at the doctor's office. Write down details beforehand or take a family member to make sure you get your point across. ***— 1995***

24 Be wary of the word "light" on oil labels. It doesn't mean the oil has fewer calories; it refers to how the oil was processed to become lighter in flavour and colour. ***— 1995***



25 Build your kitchen cabinetry right up to the ceiling whenever possible. This gives you an extra shelf at the top that's perfect for items you don't use regularly. ***— 1996***

26 In a small bathroom, run the vanity mirror right to the ceiling to enhance the feeling of space. ***— 1997***

27 If your agitator-style washing machine won't drain, detergent suds may be blocking the drain hose. Bail out the soapy mess and flush the tub with cold water. ***— 1998***

28 To fix a dishwasher that isn't cleaning efficiently, try pouring undiluted white vinegar into the dispenser (but no detergent) and run the machine through a full cycle. ***— 1998***

29 Regular, light and no-sugar-needed pectins are not interchangeable. Each requires different amounts of sugar and has its own preparation method. ***— 1999***

30 Don't toss those broccoli stems. Peel and coarsely grate them to use in slaw or slice and add to a stir-fry. ***— 2000***

31 Before bringing your houseplants indoors for the winter, spray them with a solution of 40 parts water to one part liquid soap. This will take care of any hitchhiking pests. ***— 2004***

32 For maximum moisture, don't rinse out hair conditioner immediately after applying. Instead, let it sit on your hair for two to five minutes for full absorption. ***— 2004***

33 When wearing a bold print like plaid, pair it with a solid top or bottom in a colour that's found in the pattern. ***— 2006***

34 Pizza cutters aren't only for pizza. They also make quick work of cutting sandwiches and pancakes. ***— 2007***

35 A compost pile should receive full sun. The hotter it gets, the faster organic matter will decompose. ***— 2010***

36 If you have trouble sleeping, try moving your workout to late afternoon or early evening. Your body temperature will decrease after your workout, which will help initiate sleep. ***— 2010***

37 Pack lunch-size portions of dinner leftovers (right after dinner, so it's done!) in reusable containers for easy grab-and-go lunches. ***— 2011***

38 If you face away from your office cubicle's entrance, hang a mirror at your desk so you can see who's at the door. You'll have a stronger sense of privacy and feel less vulnerable. ***— 2012***

39 For a no-fail toss-cushion combo, opt for one pillow in a large-scale pattern, one in a smaller pattern and a textured solid in a complementary colour scheme. ***— 2013***

40 Although swinging french doors are elegant, they take up more real estate than a sliding patio door. ***— 2013***

New

delicious taste





More flavour bursting from every box.

*© 2015, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

STYLE

FALL TEXTURES | BOLD LIPS | '70s STYLE



Vested Interest

Banish boardroom blahs and refresh your workwear staples with a sleek vest.

BY ANDREA KARR
PHOTOGRAPHY BY JACLYN LOCKE

BELT IT OUT

Cut a feminine figure with a patterned pencil skirt, a turtleneck and a vest cinched with a belt. Complete the look with a tailored menswear-inspired overcoat layered under the vest and statement accessories, such as a wide-brimmed hat, a structured bag and oversize earrings.

Blazer, $160, bananarepublic.ca. Sweater, $50, anntaylor.com. Skirt, $70, express.com. Hat, oldnavy.ca. Earrings and belt, hm.com/ca. Bag, michaelkors.com. Shoes, ninewest.ca.

HAIR AND MAKEUP, JUKKA/MOROCCANOIL/M.A.C COSMETICS/PLUTINO GROUP. STYLING, JULIA MCEWEN



Tuxedo-style piping lengthens the look of your legs.

CLEAN CUT

A black-and-white palette makes it easy to mix patterns and textures. Layer your vest and a printed sleeveless top over a white collared shirt, then add a slim pair of white or black pants. Patent ankle booties lend a retro vibe.

Top, $25, marshallscanada.ca. Shirt, $29, and pants, $39, joefresh.com. Earrings, bananarepublic.ca. Necklace and bracelet, jenny-bird.com. Shoes, gapcanada.ca.



Glasses are hot! Make a fierce style statement with a pair of thick-rimmed specs, and work them day and night.

SHIFT WORK

This vest adds contrast to a simple vibrantly hued shift dress. Choose understated jewellery, such as pearl earrings or slim silver bangles, and black pumps or booties for an effortless ensemble—ideal for a Monday.

Sweaterdress, $110, bananarepublic.ca. Glasses, clearlycontacts.ca. Earrings, lechateau.com. Bracelets, swarovski.com. Shoes, ninewest.ca.

SMART INVESTMENT

Invigorate your wardrobe for less than $100.



CROPPED

Looking to add bohemian flair to your outfit? A short vest with fringe and beading will do it.

Vest, $36, forever21.com.



MID-LENGTH

A loose, draped garment in faux leather is edgy and masks trouble spots.

Vest, $65, reitmans.com.



LONG

This plus-size vest hits below the hips, skimming curves and elongating your shape.

Vest, $98, additionelle.com.

A BLAZER IS A GREAT TOPPER, TOO. FIND THE PERFECT FIT AT *canadianliving.com/blazersedge.*

™*Toronto International Film Festival Inc., used under licence.
*Excellence® Age Perfect™ usage test 2014. ©2015 L'Oréal Canada

NEW
EXCELLENCE®
AGE PERFECT™

Don't give up on colour.
ExcellenceAgePerfect.ca
Jane is wearing Excellence® Age Perfect™ 9G, Light Soft Golden Blonde.

BECAUSE YOU'RE WORTH IT.™

OUR 1ST HAIRCOLOUR FOR MATURE HAIR
LAYERED TONES, FLATTERING COLOUR
FULLER, THICKER-LOOKING HAIR

- NEW LAYERED-TONE TECHNOLOGY. ZERO GREYS. REGROWTH IS BEAUTIFULLY BLENDED.
- FORMULA WITH PRO-KERATINE® COMPLEX BOOSTS VOLUME AND SHINE.
- 8 FLATTERING SHADES.

Easy application brush



94% OF WOMEN WOULD RECOMMEND EXCELLENCE® AGE PERFECT™ TO A FRIEND*

tiff.40 toronto international film festival™*
OFFICIAL SPONSOR 2015

L'ORÉAL® PARIS



"Our designers are inspired by culture, art and music, like Queen's 'Bohemian Rhapsody'—because we have a bohemian heart."


Queen, circa 1970

TIYANA GRULOVIC

HER INSPIRATION: *Playing With Texture*

If Tiyana Grulovic had her way, every season would be autumn and layers would be at the heart of every outfit. The former magazine editor and recently minted Vancouverite has major style cred: She's Aritzia's fashion director and spends her days "setting the styling directive" for the Canadian womenswear chain's campaigns, e-commerce and window displays. "This season in particular, we're going to see a lot of knits that you'll want to wear all at once," says Grulovic. "Fall is about shaggy faux furs, flannel and fringe, and the wildness of putting it together and wrapping it up in a great scarf." The quintessential ensemble in Grulovic's eyes is a soft flannel top and fringed vest paired with high-waisted jeans, suede booties and a faux-fur topper—major texture with a boho-chic feel. To dip your toes into the trend, wear a textured piece like a nubby cardigan. Grulovic would finish off the look with soft undone hair and by moisturizing with face oil, adding a few drops of BB cream for light coverage and touching up her lashes with mascara. "At Aritzia, we're all about super-minimal hair and makeup and expressing yourself through your clothes," she says. Just spritz on a "slightly dirty, musky floral" fragrance and you're good to breeze out the door—or bundle up for a cozy night in. The choice is yours. — *Andrea Karr*

12

1. *Rug, $40, ikea.ca.* ***2.*** *Van Cleef & Arpels Collection Extraordinaire Orchidée Vanille Eau de Parfum, 75 mL, $204, thebay.com.* ***3.*** *Baggu bag, $175, pursebox.ca.* ***4.*** *Giorgio Armani Beauty Eye Tint in 09 Gold Copper, $39, holtrenfrew.com.* ***5.*** *Urban Decay Afterglow 8-Hour Powder Blush in Fetish, $31, sephora.ca.* ***6.*** *Boots, $90, lechateau.com.* ***7.*** *Me to We Atelier bracelet, $70, shop.metowe.com.* ***8.*** *Scarf, $85, aritzia.com.* ***9.*** *Vest, $110, aritzia.com.* ***10.*** *Fringe necklace, $55, express.com.* ***11.*** *Sweater, $55, gapcanada.ca.* ***12.*** *OPI Nail Lacquer in A Great Opera-tunity and Worth a Pretty Penne, $11.50 each, shoppersdrugmart.ca.*

WE'VE GOT TIPS FOR NAILING THE MINIMALIST BEAUTY LOOK AT *canadianliving.com/barefaced.*

PHOTOGRAPHY: ARITZIA (GRULOVIC); KEYSTONE/GETTY IMAGES (QUEEN); CLARINS FRAGRANCE GROUP (PERFUME); JOE KIM (BLUSH, NAIL POLISH)

THE ART OF YOU

© 2015 Pandora Jewelry, LLC
All rights reserved • PANDORA.NET

YOUR JEWELLERY ISN'T JUST JEWELLERY

IT'S A SET OF WINGS FOR YOUR IMAGINATION. YOUR FLIGHTS OF FANCY.
PLAYFUL ONE MINUTE. MAJESTIC THE NEXT. WHERE WILL YOU SOAR TODAY?
SHARE THE #ARTOFYOU AND EXPLORE AT PANDORA.NET

SHOWN: ARTFUL FEATHERS IN .925 STERLING SILVER AND HAND-SET PAVÉ

PANDORA®

Scar and stretch mark product most recommended by doctors.*



"Hi there, I have been struggling with my acne for many years now. Finally it has passed, but now I have severe acne scars. I saw an ad in a magazine about bio-oil and how a woman tried it on her face. I went to the drug store and got the small bio-oil and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! My acne scars are almost all gone now!I have honestly tried anything and everything to get rid of these acne scars and who knew this could be the cure. Thank you so much, I feel so much more confident then I have ever been before." Brenna Denexter

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com.
Bio-Oil is available at drugstores and selected retailers. Individual results will vary.

*The Medical Post & Profession Santé 2015 Survey on OTC Counselling & Recommendations

Maybelline New York Superstay 14hr Lipstick in Continuous Cranberry, $10, maybelline.ca.

lip service

Makeup artist Grace Lee gives us the rules for doing lipstick right, in this season's best bold reds, punchy purples and refined neutral shades.

BY JULIA McEWEN

PHOTOGRAPHY, MAYBELLINE NEW YORK

pucker up

Find your perfect shade with these gorgeous selects. Working runway shows from Toronto to New York, Grace Lee, lead makeup artist for Maybelline New York Canada, created these lip-focused beauty looks for fall.

Ilia Pure Lip Care Lipstick in Ink Pot, $32, beautymark.ca.

M.A.C Cosmetics Lipstick in Men Love Mystery, $19, maccosmetics.ca.

Stila Stay All Day Liquid Lipstick in Como, $29, murale.ca.



"A rich purple lip is a little different, but still cool and fun."

Nanette Lepore Fall 2015

BEAUTY INSPIRATION Posh rebel
Lee wanted to gel with Nanette Lepore's collection and its fusion of textures. The beauty look mixed dewy skin with clumpy mascara and a loud stamp of violet lipstick. "I pushed for this lip colour. I wanted it to have the feel of a classic red lip, but with a little more edge," says Lee.



Use long-wearing formulas to prevent smudging. Stila's liquid lipstick (above) dries to a matte finish and won't budge all day.



Grace Lee,
lead makeup artist for Maybelline New York Canada

purple reigns

Fall lipstick colours go beyond rich ruby reds. Case in point: Vibrant purple lipsticks have flooded both the market and the runways this season.

PERFECT PAIRING To keep the shade from looking overly dramatic, Lee suggests focusing your beauty look on the lips. Skin should be hydrated, lashes defined and eyebrows groomed—that's it.

FINISH AND TEXTURE If berry-tinged lips are new for you, try the trend with a satin-finish lipstick; the colour will look more diffused. But if you really want to embrace a vivid violet lip, go for matte formulas. "They absorb light and look modern," says Lee.

TECHNIQUE First-timers: Pat a satin formula onto your lips using a fingertip. For a more daring look, keep vivid mattes precise by using a lip brush to outline your lips instead of lip liner. Prevent the colour from bleeding by applying a bit of concealer outside the lip line.

Clinique Pop Lip Colour and Primer in Beige Pop, $21, clinique.ca.

Make Up For Ever Artist Plexi-Gloss Lip Lacquer in #104, $23, sephora.ca.

PHOTOGRAPHY: MAYBELLINE NEW YORK (LEE, NANETTE LEPORE, NARCES, PUBLIC SCHOOL); JOE KIM (PRODUCT)



code red

"Every woman needs a perfect true-red lipstick," says Lee. It's the little black dress of your cosmetics bag: classic, elegant and versatile.

PERFECT PAIRING Let the lipstick do all the talking. Keep the rest of your makeup simple, with defined lashes, or classic, with a feline flick of eyeliner. Lee recommends a bronze eyeshadow if your lids are begging for a dusting.

FINISH AND TEXTURE Steer clear of shimmer; reflection should come from the moisture in the lipstick formula.

TECHNIQUE Red is a high-maintenance hue, so start by smoothing bare lips with a scrub. Though you can never go wrong with a defined pout, today's crimson lips don't require clinical precision. Starting at the centre of the mouth, apply lipstick with a brush, then blend it out, keeping the edges soft. Lee suggests blotting the colour with a tissue to set.



Too-dark, blue-based shades can be aging; try a high-sheen cherry red instead.

L'Oréal Paris Colour Riche Lipstick in Red Passion, $11, lorealparis.ca.

Maybelline New York Colour Sensational Lip Colour in Red Revival, $10, maybelline.ca.

Charlotte Tilbury Matte Revolution Lipstick in Red Carpet Red, $38, charlottetilbury.com.

BEAUTY INSPIRATION

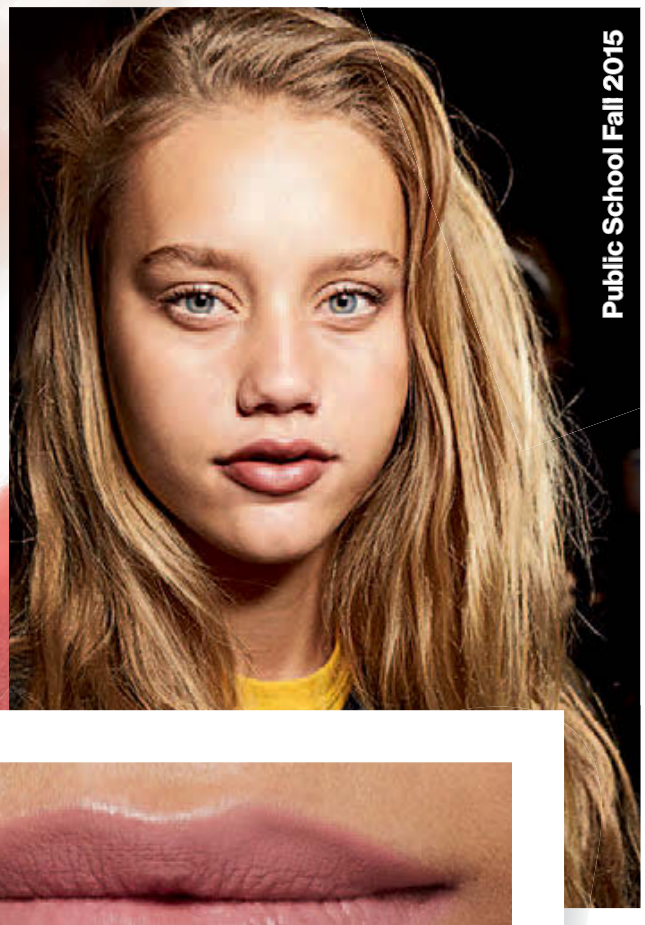
Lauren Bacall meets Dita Von Teese

"Narces is very old Hollywood, so I wanted to create a look that matched that glamorous vibe," says Lee. By applying concealer to the lips as a primer, you get the true cranberry colour of the lip liner and lipstick. For a rich matte texture, Lee blotted the lips with a tissue to remove excess moisture.

BEAUTY INSPIRATION

Fly Girl Jennifer Lopez on *In Living Color*

The semimatte nude lip was achieved with everything but lipstick. First, concealer neutralized pink undertones, then a bronzy-colour cheek stick was applied. Finally, a taupe eyeshadow patted onto the lips provided the semimatte effect. "Depending on the model's skin tone, we did a warm nude or a cool nude," says Lee.



tasteful nudes

For every flattering nude lipstick, there are 20 that are not. Lee recommends staying away from neutral lipsticks with grey undertones. Instead, look for warmer shades that are slightly brighter or deeper than your skin tone.

PERFECT PAIRING According to Lee, the right neutral lipstick will play nice with every beauty look, from sultry smoky eyes to graphic cat-eye flicks. Think of nude lips as the ultimate supporting cast member.

FINISH AND TEXTURE When it comes to nude formulas, finish is everything. Skip matte and glossy textures and look for a natural satin sheen.

TECHNIQUE If you're after full lips, Lee suggests applying liner just outside your natural outline, then using a brush to fill them in with lipstick. For a more modern, natural look, apply lipstick straight from the tube, then pat it in with your fingertip.

Pale skin looks best with nudes that have a hint of pink.



Essence Long Lasting Lipstick in Cool Nude, $3.50, shoppers drugmart.ca.

PHOTOGRAPHY, JACLYN LOCKE (LIPS). MAKEUP, JUKKA/M.A.C COSMETICS/PLUTINO GROUP

'70s Revival

From faux-fur accents to flared pant legs, there's no denying that the 1970s have influenced all things fashionable this fall. Whether you embraced the trends the first time around or it's all new territory, here's how to interpret these retro styles in a modern way.

BY JULIA McEWEN
PHOTOGRAPHY BY MARIE RAINVILLE

HAIR AND MAKEUP BY
ANIYA NANDY/TRESEMMÉ HAIR CARE/
M.A.C COSMETICS/PLUTINO GROUP

BIKER BABE

You can thank the '70s for the popularity of your beloved leather moto jacket. Try this season's update with fringe detailing and tailored in sumptuous suede, the fabric of the decade. Pull out all the stops with a wide-brimmed hat with an eye-catching accent, such as a leather band or a strip of ikat fabric.

Jacket, $170, lechateau.com. Dress, $65, gapcanada.ca. Hat, aldoshoes.com. Necklaces and ring, bananarepublic.ca. Bag, oldnavy.ca. Shoes, marshallscanada.ca.



WRAP STAR

Nod to the glamour of Studio 54 (minus all the pageantry of sequins, fur and lamé) with an elegant wrap dress in an opulent jewel tone. If the plunging neckline is a deal-breaker, layer the dress over a lightweight or sheer turtleneck for a veil of modesty.

Dress, $215, bananarepublic.ca. Turtleneck, $40, hm.com/ca. Earrings and necklace, swarovski.com.



BLOCK PARTY

A billowy blouse found in colour-blocked shades of yellow, coral and black fits right in with this decadent decade. Pair it with flared trousers and keep the look current by not tucking in the top.
Top, $45, express.com. Pants, $80, hm.com/ca. Necklace, jenny-bird.com. Bracelets, swarovski.com. Bag, bykilani.com.



CAPED CRUSADER

Capes have been on the fashion scene for the past few fall seasons, and if you haven't added one to your outerwear wardrobe yet, there's no time like the present. This transition piece is easy to style and adds chicness when layered over weekend basics, workwear staples and cocktail attire.

Cape, $179, anntaylor.com. Top, $39, joefresh.com. Skirt, $33, oldnavy.ca. Ring, swarovski.com. Belt, express.com. Boots, aldoshoes.com.

LOOKING TO STRENGTHEN YOUR OUTERWEAR GAME? FIND YOUR PERFECT TRANSITION PIECE AT *canadianliving.com/stylishandcozy.*

HOW LOW CAN YOU GO?

Worn loose and casual or fitted and dressy, deep-V necklines really hit their stride in the ’70s. Showing more décolletage creates the illusion of a swan-like neck, elongating your body and making you seem taller. Partake in this flattering cut with a tee, a sweater or a collared shirt (leave three or four buttons open) or try the most striking way to wear it: as a plunging midi- or maxi-length dress.

Suede jacket, $250, lechateau.com. Dress, $60 hm.com/ca. Sunglasses, marshalls canada.ca. Necklace and ring, swarovski.com.

SHE'S GOT FLARE

Retro trends can be tricky, so if you're a novice, try out the trend with high-waisted flared jeans paired with a tailored blazer and a tucked-in tee. The modern update to these pants lies in the cut of the flare: still full but far less exaggerated. Feeling bold? Slip on a groovy patterned tunic—or take it further by adding a faux-fur vest. High heels take these leg-lengthening trousers to exponential heights, giving a super-slimming effect.

Top, $80, and necklace, hm.com/ca. Jeans, $188, fidelitydenim.com. Oliver Goldsmith sunglasses, josephson.ca. Ring, swarovski.com. Bag, bykilani.com. Shoes, bananarepublic.ca.



USE TOGETHER FOR TEETH THAT ARE UP TO

4X CLEANER*



www.prohealthcanada.ca

life opens up with a healthy mouth

Crest + Oral-B

PRO-HEALTH

*Debris measurement on teeth vs. a regular anti-cavity toothpaste and manual toothbrush. Crest Pro-Health toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. Crest Pro-Health Rinse fights gingivitis. Always read and follow the label.

© Procter & Gamble, Inc. 2015 ORAL-18125



Stand and Deliver

Does your desk job leave you feeling like a couch potato? Meeting outside of the boardroom, and other smart strategies, can help you counteract all that sitting.

BY TRALEE PEARCE
ILLUSTRATIONS BY MATTHEW BILLINGTON

WHEN PATRICIA LONGMUIR books a meeting space at work, she often reserves the great outdoors—well, not all of it, but as much of it as her team can cover in, say, 30 minutes. Attached to the emailed meeting request is a map of the route they'll follow. "I love any opportunity to get up and do something other than sit," says Longmuir, a physical activity researcher with Ottawa's Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute (CHEO RI). ▸



Longmuir's health-centric organization may have a more progressive workplace culture than most, but ideas that involve 9-to-5 physical activity, such as walking meetings, are ripe for the picking. Emerging research, much of it Canadian, is telling us that sitting for too long is as bad for us as smoking. Being sedentary for extended periods (the majority of North Americans spend six or more hours a day seated) is now considered a risk factor for diabetes, heart disease, some cancers and a shortened life span.

"But I exercise three times a week!" That's great, but hitting the gym after work isn't enough to combat the effects of sitting; we need regular movement breaks throughout the day. Estimates vary, but research suggests sitting at our desks, in our cars and in front of the TV for more than three hours a day can shorten life expectancy by two to four years.

The commute to work doesn't seem to be helping matters, either, especially for car commuters (who are considered more sedentary than transit riders). After studying about 2,000 people, researchers from L'Université de Montréal found a link between commuting stress and career burnout. Time spent in a car or taking transit to work was a key factor: A commute of up to 20 minutes wasn't problematic, but commutes of 35 minutes or longer resulted in heightened career cynicism.

Feeling the strain? These easy tweaks can make your workday healthier:

BREAK IT UP

You know those days when you forget to eat or hit the restroom for hours on end? Pledge to put them behind you. "Even getting out of your chair every 30 to 60 minutes for a two-minute walk will help," says Gilles Beaudin, registered clinical exercise physiologist at the Cleveland Clinic in Toronto. Researchers at the University of Utah found that, when men and women replaced as little as two minutes of sitting with gentle walking each hour over four years, their risk of premature death was lowered by 33 percent.

WALK AND TALK

The walking meeting is poised to become the best workplace trend in years. At CHEO RI, employees choose between outdoor walking meetings and on-site conferences when booking a meeting space through Outlook. Longmuir says the drop-down menu prompts employees to ask themselves, "Can this meeting be a walking meeting?" Longmuir has learned that smaller groups (on a path that allows everyone to simultaneously walk and converse) work best, as does an agenda led by one person who's presenting to the group. It's also advisable to check the weather; a windy day means you'll get your walk in but not everyone will hear you.

Then, there's the trend toward "sweat-working" with colleagues or clients, says Brenda Clark, an Ottawa-based human resources consultant, occupational health nurse and certified personal trainer.

About 15.4 million Canadians commute to work. 74 percent of commuters, or 11.4 million workers, drive a vehicle to work. Another 5.6 percent, or 867,100 people, make the trip as passengers.



Instead of meeting in a café or a restaurant, you socialize and network at the gym or while playing a sport. If you're comfortable kicking a soccer ball around the field, go for it. Being outside and active offers not only health benefits but also the opportunity to build relationships, says Clark.

GET UP, STAND UP

Standing, though not as effective as walking, is a good place to start. Standup desks, for instance, can reduce sedentariness and boost productivity. "Research on standup desks shows that productivity goes up and people are more alert in office and educational settings," says Bob Weil, president of OneSmartWorld, a Collingwood, Ont., company that optimizes meeting productivity. Though worth it, standup desks do require a financial investment from your employer: Prices can range from several hundred dollars to several thousand.

For meetings that are too complex to conduct while walking, try standing around a flip chart, a whiteboard or one of Weil's favourites: a huge white sheet of paper that is adhered to a wall and runs the length of a room. "You get a better chance of having good ideas come out of a visual reference point, rather than during a walking meeting," says Weil.

CHANGE YOUR COMMUTE

You might not be able to shorten your commute, but Clark says you can use it to strike work items off your to-do list, thereby freeing up time to take standing breaks at the office. Take phone calls or send emails while you're commuting via transit or carpooling as a passenger (for safety's sake, she doesn't favour phone meetings while driving, even hands-free). "Try to negotiate with your employer to start the workday when you log on at ▶

TOOLS TO TRY

Here's a little motivation to transform your sedentary ways.

A LITTLE NUDGE

The Lumo Lift is a step tracker with an added "coach" feature that tells you when you're slouching. Attached to your shirt or bra via magnets, this small device is light and easy to wear, and its vibrational feedback prompts you to sit up straight and save your back (and to leave your desk to walk those 10,000 steps).



EASE THE ACHES

Come home to a massage every day with these therapy balls, which roll out tension in your feet, back and shoulders. You can pop them into the freezer or a bowl of hot water to customize their temperature.



ROLL IT OUT

Foam rollers are increasingly popular at yoga studios and gyms. Physiotherapists recommend them for releasing muscle tension, massaging weary legs and helping to straighten the spine.

— TP



the beginning of your commute," she says. Park a little farther from your office building or, if you work in a highrise, get off the elevator early and hike it a couple of floors.

If you're a transit rider, get off the bus one stop early, stand for part of your trip while discreetly balancing on alternate legs, and carry your purse or gym bag on a different shoulder every day. Also be sure to set aside time for daily exercise. According to a new University of Waterloo study, commuters who make time for daily physical activity are more satisfied with their lives than commuters who do not. "It doesn't have to be done all at once in an hour," says Clark. "If you've got 15 minutes in the morning, get outside and walk for seven minutes, then turn around and come back." ●

This content is vetted by medical experts at WCHI
WOMEN'S COLLEGE HOSPITAL
Health care for women | REVOLUTIONIZED



THREE MOVES TO BATTLE BACK PAIN from fitness expert Brent Bishop

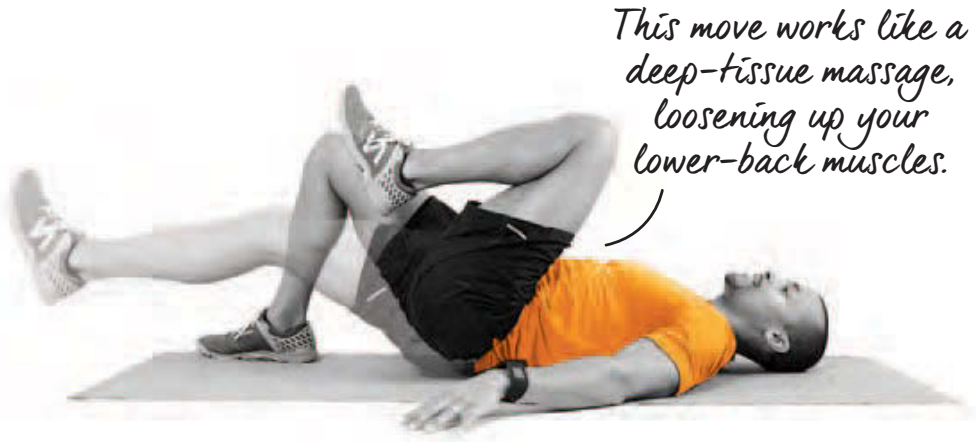


STRENGTHEN YOUR BACK

PRONE COBRA EXTENSION Lying on your stomach, with your arms and legs extended, rotate your arms so your palms are facing and your thumbs are pointing upward. Bend at the knee to lift your left foot, turn your right palm outward and bring your right arm back to reach your left foot. Return to the starting position and repeat on the opposite side. Perform 16 repetitions in total.

RELEASE LOWER-BACK TENSION

ISOLATED MYOFASCIAL RELEASE Lying on your back with your knees bent and feet flat on the floor, place a lacrosse or tennis ball under your lower back, just to the right side of the spine. Take some deep breaths, allowing your weight to relax onto the ball. Lift your right leg, bringing the knee toward your chest, then extend the leg, lowering it down to the floor. Repeat, bringing your knee to your chest 10 times, then repeat on the left side.

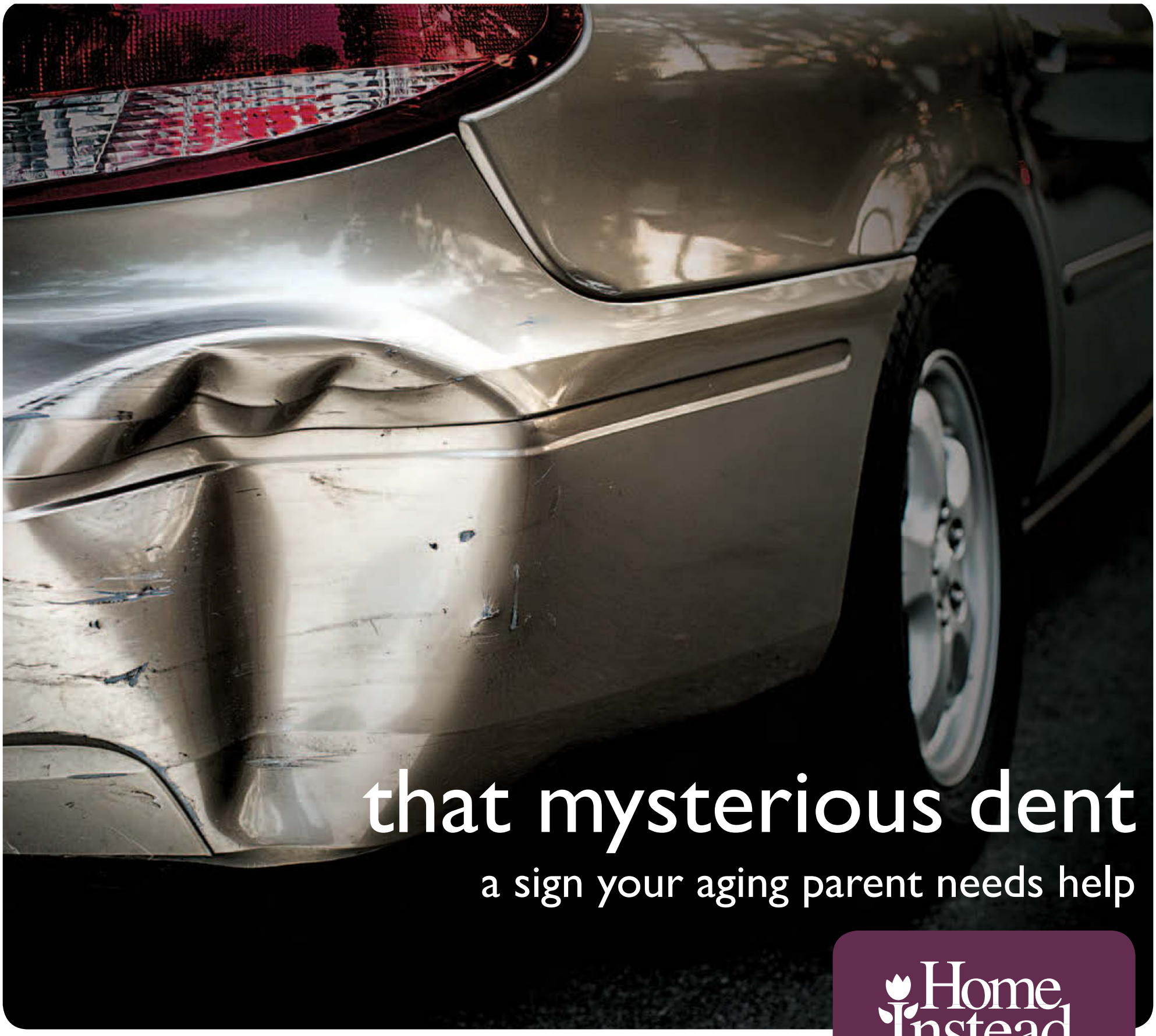


WATCH THE WORKOUT AT *canadianliving.com/backpain.*



LOOSEN BACK-STRAINING MUSCLES

MYOFASCIAL RELEASE OF HIP FLEXORS Lower your body to rest your right hip on a foam roller, with your arms and legs extended and your palms on the floor. Bringing your leg out to the side, lift your left knee to hip level and place your left foot on the ground. Lift your right foot off the floor and, using your left foot, propel yourself forward until the foam roller reaches your right knee; roll in the opposite direction until the foam roller reaches your hip. Roll back and forth about 12 times, then repeat on the opposite side. — *Jill Buchner*



that mysterious dent

a sign your aging parent needs help

Home Instead
SENIOR CARE®
To us, it's personal.®

You can't always be there. But we can.

With Home Instead Senior Care, caring for an aging loved one doesn't have to be a struggle. It's why we offer everything from individualised help around the house to advanced Alzheimer's care—to keep them safe and sound at home, instead of anywhere else.

Take the first step.
Call us at 866.996.1056 or
visit HomeInstead.ca/canadianliving.

Each Home Instead Senior Care franchise office is independently owned and operated. © 2015 Home Instead, Inc.

Stressed Out

Worried about thinning locks? Here's what you need to know about the effects of stress on your hair.

BY JACKIE MIDDLETON



SUSAN WAS STARTLED TO find bald patches as she styled her long hair. "I was panicked and a little embarrassed," she recalls. (We've changed her name to protect her privacy.) The then–27-year-old had been working long hours at her demanding broadcasting job while tending to her mother, who was battling Stage 4 cancer. The result: stress-related hair loss.

Typically, we lose between 50 and 100 strands of hair a day. But, for some of us, a high level of stress—job loss, death in the family, divorce or illness, for example—can trigger changes in our stress hormones, which can shorten our hair's normal growth cycle by sending hair into a premature resting phase. Therefore, more hair than usual could fall out after the 100-day resting phase, which means that, about three months after a traumatic event, hair loss may be noticed by some—but not everyone. "There are many people who lose a spouse or someone in the family and don't experience any hair loss," says Dr. Jeff Donovan, director of the hair-loss program at Women's College Hospital. "It's very individual."

There's little that can be done to prevent stress-related hair loss. And if you've suffered from this kind of hair loss before, says Dr. Donovan, you could experience it again after another stressful event. Forget about quick fixes, medication or Rogaine—a product containing minoxidil, which stimulates hair growth in some people; he says they don't usually help with hair loss that is a result of stress.

So what can you do? The only treatment is time. "There's nothing that can be done that will slow or stop this loss," says Dr. Donovan. "Once the stress returns to a normal level, hair grows back. In nine months to a year, you'll look the same as you did before the stress happened."

That was Susan's experience. "I wasn't prepared to cut my long hair, so it took a couple of years for my new hair to catch up," she says. When her new strands matched her longer hair, she celebrated. "I remember thinking, It's official."

As for other women who may be coping with excessive hair loss, Susan says to take heart. "It won't last forever. Your hair will come back." She adds that, although you might feel like everyone notices, people are usually kind. "Most people understand that this can be very difficult—for you to put yourself out in the world when this is happening," she says. "It's really about being kinder to yourself. No one else is watching as closely as you are." ●

NEED A GREAT HAIRSTYLE FOR THINNING HAIR? CHECK OUT *canadianliving.com/thinhair*.

This content is vetted by medical experts at WCHH WOMEN'S COLLEGE HOSPITAL Health care for women

PHOTOGRAPHY, KEVIN WONG. PROP STYLING, CHRISTINA YAN

By **Isabelle Neiderer**,
Registered Dietitian for
Dairy Farmers of Canada
dairygoodness.ca



A Fresh Look at Yogurt

Yogurt is more than simply a satisfying snack. Recent research points to some interesting potential benefits.



Satiety Plus

'Satiety' is the feeling of being full, or the absence of hunger after eating food. Yogurt, like the milk it's made from, provides high-quality protein that helps us maintain satiety. Feeling hungry and want a nutritious, satisfying snack? Convenient and tasty, yogurt fits the bill perfectly and health-wise gives you a lot more than high-calorie, nutrient-poor snacks like chips or candy bars do. Plus, yogurt provides many other nutrients your body thrives on including calcium, magnesium, potassium, phosphorus and vitamin B_{12}.

New Research on Active Bacteria

Did you know that the bacterial flora in our gut, also called microbiota, may play a role in preventing metabolic diseases such as obesity and type 2 diabetes? Recent studies, very much in their infancy, suggest that the active bacteria added in yogurt may contribute to good health by positively affecting our microbiota. It may not be coincidence that new studies point to regular consumption of yogurt as being potentially beneficial in weight management. They also suggest that yogurt, plain and/or sweetened, could be associated with a reduced risk of type 2 diabetes.

Getting the Jump on Lactose Intolerance

Have you been professionally diagnosed as lactose intolerant? You'll be happy to know that according to the *National Institute of Health*, most people experiencing lactose intolerance don't need to deprive themselves of milk's beneficial nutrients. Many can build tolerance, while limiting symptoms, by slowly and gradually adding small amounts of milk products to their diet. They can also try yogurt. Its live bacteria help digest lactose for us and is usually well tolerated.

FYI:

Single serving containers of yogurt usually provide 100 g. You need to eat almost two to get a full *Canada's Food Guide* serving of 175 g (¾ cup).



CHICKEN AND **SWEET PEPPER CURRY**

Just follow the steps for an easy, deliciously flavourful main course.

2 tbsp	butter	30 mL
1 tsp	ground curry powder	5 mL
½ tsp	ground turmeric	2 mL
4	half chicken breasts, skinned, deboned and cut in 3	4
1	garlic clove, minced	1
1	onion, finely chopped	1
¼ cup	sodium-reduced chicken broth	60 mL
1 tbsp	tomato paste	15 mL
1	red and/or yellow bell pepper, finely chopped	1
1 tbsp	cornstarch	15 mL
1 ¼ cups	plain Greek yogurt	310 mL
salt, pepper and fresh coriander, to taste		

In large frying pan, heat butter over medium-high heat. Add curry and turmeric. Salt chicken, place in frying pan and cook 3 minutes. Turn chicken over, add garlic and onion and cook 3 minutes. Add broth and tomato paste, cover and cook over medium heat for 10 minutes.

Add bell pepper and cook 3 minutes. Remove chicken. Remove a spoonful of the sauce and stir it into yogurt. Mix cornstarch with a little water. Add to sauce. Bring to a boil and remove from heat. Add yogurt. Reheat without boiling and adjust seasoning. Serve with basmati rice and fresh vegetables. Garnish with coriander if desired. ■ *Makes 4 servings*



Advertisement

Scandinavia's #1 selling chili fat burner

I lost 38 pounds using Chili Burn™

Ruth has gone from a size 12 to a size 6 and feels great! She actually got back into her wedding dress of 37 years ago, after taking Chili Burn!

Dear New Nordic,

After having 5 children, I had a very hard time losing the extra pounds. I found myself constantly dressing to disguise my "baby belly", staying away from tight clothes.

I read about Chili Burn in a magazine and decided to give it a try. I had nothing to lose. After 6 months on Chili Burn, I lost 30 pounds and after 12 months I reached my ideal weight, after losing 38 pounds in total. I am very happy with the results of this product and now recommend it to friends and family.

I get a kick out of the fact that I can be a grandma and still fit into my wedding dress! I achieved all this without big changes to my lifestyle[1]. I eat three meals a day and drink lots of water. While exercise is important, Chili Burn proves that what you put into your mouth is just as important.

This product will suit anyone who would like to lose weight with natural supplements. I highly recommend it.

Ruth V., Ontario

"With Chili Burn I lost the weight steadily but surely."







THE NATURAL FAT BURNER!

To lose weight you need to burn more calories than you eat. But doing that can be difficult. Chili Burn is a natural fat burner, based on green tea, chili and chrome, that will help you increase the amount of calories your body uses. Try Chili Burn today and experience the difference for yourself.

NEW NORDIC

ONLINE SHOP
newnordic.ca

SHOPPERS DRUG MART · Loblaws · Superstore · Extra Foods · Zehrs Markets · Walmart · Rexall · GNC · London Drugs · amazon.ca · metro · save on foods

* ® / ™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. To make sure this product is right for you, always read the label and follow the instructions. 1-Although Ruth lost weight without diet or exercise, New Nordic recommends a healthy and active lifestyle in order to obtain the best results.

Vitamin OVERLOAD

Too rushed to eat as well as we should, many of us pop supplements to prop up our nutritional intake. But medical professionals warn we may be doing more harm than good.

BY CARLY WEEKS



PHOTOGRAPHY, KEVIN WONG. PROP STYLING, CHRISTINA YAN

HAVE YOU BEEN GIVING your daily vitamin supplements the side-eye lately? It seems as though a new study comes out every week, warning us that the very vitamins we've been told to load up on—here's looking at you, vitamin D and calcium—might be endangering our health.

Dr. Tim Byers, associate director for cancer prevention and control at the University of Colorado Cancer Center in Aurora, Colo., ignited a heated debate earlier this year when he unveiled research indicating people who take high doses of some supplements are more likely to develop cancer than those who eschew a daily vitamin regimen. Even more surprising? Dr. Byers' study isn't an outlier. It's part of a growing body of research suggesting some supplements do more harm than good. "Most people need very few supplements, if any at all," says Dr. Dara Maker, family physician at Women's College Hospital in Toronto.

VITAMIN D In recent years, several high-profile studies have linked low levels of the sunshine vitamin to a wide array of diseases, including multiple sclerosis and cancer. That prompted some health professionals, and many vitamin makers, to recommend supplements in doses of up to 10,000 international units (IU) a day. (International units measure the bioavailability, or absorption, of a vitamin. Other nutrients are measured solely by weight and expressed in micrograms or milligrams.)

But there is mounting pushback on the trend to increase your intake of the vitamin in supplement form. As it turns out, low vitamin D levels may be a *symptom* of disease rather than a cause. Dr. Maker says there is not enough strong evidence that megadoses offer any benefit. Rather, taking excessive amounts can have serious side-effects, such as hyperabsorption of calcium, which can lead to kidney stones, among other things.



THE BOTTOM LINE Canadian women should be getting at least 600 IU a day. At age 70, that rises to 800 IU a day. Many supplements offer 1,000 IU per tablet.
TO AVOID RISK Don't take more than 4,000 IU a day, unless advised by your doctor.

BETA-CAROTENE If you smoke, take note: Beta-carotene (which the body converts to vitamin A, a vitamin key to vision, among other functions) in the form of supplements has been found to increase the risk of lung cancer in smokers, without providing any benefits. There is also some evidence that taking high doses of the supplement could increase the risk of other forms of cancer, even in nonsmokers.
THE BOTTOM LINE Eating foods high in beta-carotene, such as carrots and sweet potatoes, will help ensure you get enough vitamin A.
TO AVOID RISK Avoid taking beta-carotene supplements if you smoke.

CALCIUM Crucial for the health of our teeth and bones, calcium is also a key factor in many metabolic functions such as hormone regulation and muscle function. Yet, numerous studies—including a 2011 report published in *The BMJ*—have found that women who take calcium supplements in excess of 500 milligrams per day may face a greater risk of heart attack and stroke. Dietary sources of calcium don't pose the same risks. Dr. Ainsley Moore, general practitioner and associate professor of family medicine at McMaster University in Hamilton, says calcium is tightly regulated in the body, which has difficulty processing the high doses of supplements. Thankfully, it's not difficult to get the recommended amount of calcium if you eat a balanced diet.
THE BOTTOM LINE Make sure you're getting 1,000 milligrams a day through food, which could be as simple as eating an English muffin, an orange, two cubes of Cheddar cheese, half a can of salmon (bones included) and 100 grams of yogurt.
TO AVOID RISK Don't take calcium supplements, and if you do, take no more than 500 milligrams a day.

VITAMIN OVERDOSING

Supplements aren't the only culprit when it comes to vitamin overload. Fortified beverages and alternative therapies can be problematic, too. In a study published this year, Canadian researchers put popular vitamin drinks under the microscope. They discovered that many contain nutrients such as niacin and vitamins C, B_6 and B_{12} in excess of daily recommended amounts, even though deficiencies in these vitamins—with the exception of vitamin C—are rare in Canadian young adults. The popularity of these drinks speaks to a prevailing belief that more must be better when it comes to vitamins. In fact, the opposite is often true, says Stephanie Atkinson, professor of nutrition in the department of pediatrics at McMaster University in Hamilton. She authored a case about a boy who suffered from vitamin A toxicity after an alternative health practitioner told his parents he needed 25,000 IU—about 18 times the recommended dietary allowance—to treat an allergy. Such a high dose can lead to joint and muscle pain, liver and bone abnormalities, skin scaling and rashes. "Supplements are overused," says Atkinson. Want to avoid vitamin overload? Eat a balanced diet and be mindful of Canada's Food Guide supplement recommendations. If you feel compelled to take a supplement, follow the label's dose guidelines and check in with your doctor.



FOLIC ACID Some troubling research has linked high levels of folic acid, a nutrient known to prevent brain and spine defects in babies, to an increased risk of cancer. A 2014 study out of St. Michael's Hospital in Toronto found that rats given high doses of folic acid were more likely to develop breast cancer. So far, human-subject trials are inconclusive. Dr. Maker says risks appear to emerge when people take doses that are well above recommended limits.
THE BOTTOM LINE Some grains and flours are fortified with folic acid. A slice of white bread contains 60 micrograms of folic acid, and a slice of whole wheat bread has 18. Folate, the naturally occurring form of the vitamin, is found in beans, broccoli and many other foods. Most women of childbearing age should get 400 micrograms of folic acid a day.
TO AVOID RISK Don't exceed 1,000 micrograms a day. If you eat a balanced diet and take a supplement, you should still fall within the limits. But if you consume foods with high levels of folate *and* you take a supplement, you may be getting too much. For instance, 75 grams of chicken liver can have more than 500 micrograms of folate, and one-third of a cup of lentils has about 265 micrograms.

FISH OIL EPA and DHA, the omega-3 fatty acids found in fish, may lower the risk of cancer and heart disease while boosting brain performance. For those who don't regularly dine on salmon or mackerel, supplements are a quick fix. But some experts argue that fish oil doesn't have major health benefits and could cause prostate cancer. Dr. Howard LeWine, chief medical editor of the Harvard Health Blog, says supplements may not be a panacea, but eating a diet that contains fish and other seafood—which can help boost long-term health—is a sound strategy.
THE BOTTOM LINE Eat EPA- and DHA-rich foods, such as salmon and trout, twice a week, and make walnuts, ground flaxseeds and eggs fortified with ALA omega-3s part of your regular diet.
TO AVOID RISK Talk to a health-care professional before starting to take—or ending your regimen of—fish-oil supplements. ●

This content is vetted by medical experts at WCHH Women's College Hospital Health care for women | REVOLUTIONIZED

PHOTOGRAPHY, KEVIN WONG. PROP STYLING, CHRISTINA YAN

TIRED OF BEING TIRED?

Floradix®

Liquid Iron and Vitamin Formula helps reduce exhaustion and fatigue

Iron-deficiency symptom checklist

Do you suffer from any of the following?

- ☐ Are you continually tired and lack appetite?
- ☐ Pale skin & dark circles under eyes?
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.



NPN 02242012

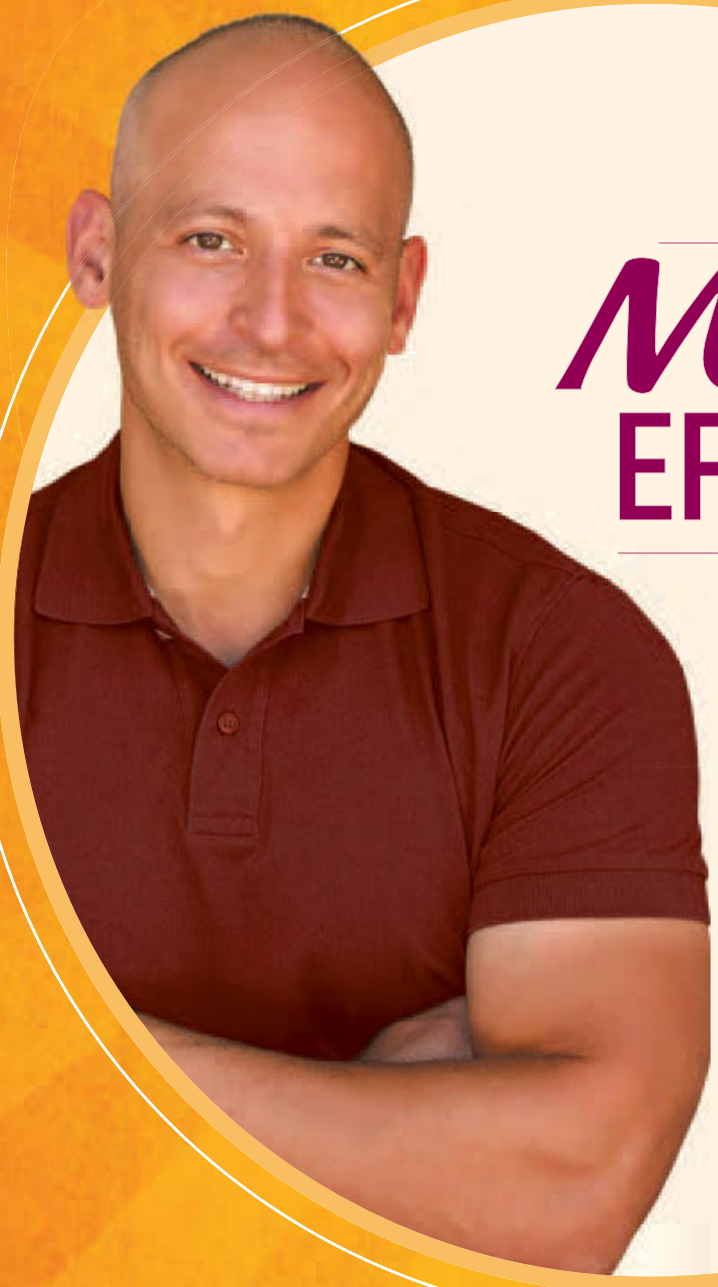
If you are feeling tired & run-down, Floradix® Formula could be the simple solution. Floradix® Formula is an easily absorbed, plant-based liquid iron and vitamin formula that is easy on the digestive tract, free of artificial colours and flavours and has been helping women reclaim their energy for over 60 years.

VEGETARIAN + NON-GMO + ARTIFICIAL COLOUR & FLAVOUR FREE

Available in natural health food stores, select grocery stores and pharmacies.

Salus

www.florahealth.com | 1.888.436.6697 | Exclusively Distributed by FLORA



THE *Meta* EFFECT™

Meta powder contains 100% naturally sourced psyllium fibre, the kind I use (and rave about). The kind of fibre that helps to temporarily suppress your appetite when taken prior to a meal* and even lowers your cholesterol levels.**

HARLEY PASTERNAK
META USER, CELEBRITY TRAINER & NUTRITIONIST

SEE HOW META POWDER CAN **SUPPRESS YOUR APPETITE*** AND HELP YOU **AVOID OVERINDULGING**

Get full Meta recipes, tips & coupons at metaeffect.ca

Pick a tip and boost your fibre intake!

Harley's Smoothie

5 almonds, 1 red apple, 1 banana, 3/4 cup nonfat Greek yogurt, 1/2 cup nonfat milk, 1 tsp. Meta, 1/2 tsp. ground cinnamon.

Mind Changer

Change your mindset and you have the power to change your life. Want to add more fibre to your diet? Keep Meta at the office and at home.

Walk This Way

Set a number of steps you must take before going to bed. Like 10,000 a day. Cool down and get your fibre by adding Meta to a Lemonade Chiller.



AVAILABLE AT REAL CANADIAN Superstore® big on fresh, low on price.™† Loblaws®†

To ensure this product is right for you, always read and follow the label. © 2015 P&G.
*For Adults Only: To achieve this new benefit, use two servings of Metamucil in 240 mL of cool liquid with meals, up to 3 times daily. **Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet. For occasional use only. †®/™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. ©2015. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with Procter & Gamble.

LIVING

MARGARET ATWOOD | GET ON TRACK | PET NUTRITION



HOW TO DECLUTTER

PRO-STYLE PURGE TIPS p. 42

WHERE TO DONATE p. 42

FIVE CLUTTER ZONES p. 44

SELL YOUR STUFF p. 46

Let it go

Too much stuff? Here's how to edit out what you don't need and lighten the load in your home.

BY ROBIN STEVENSON & YUKI HAYASHI
ILLUSTRATIONS BY CHRISTOPHER CORR



Find your purge style

There's more than one way to declutter, so we asked three home-organizing pros to weigh in on three popular approaches. Pick the one you're most drawn to, then give it a try.



PURGE STYLE #1

A LITTLE AT A TIME

EXPERT Susan Portnoy, founder and CEO of Montreal-based Organized Success

APPROACH Don't overwhelm yourself with a whole-room cleanup, advises Portnoy; instead, tackle it space by space. Big projects feel manageable when you break them into smaller efforts.

EXPERT ASSESSMENT "Let's say you want to organize a messy bedroom, but you feel like you can't even look at it. Sometimes, by changing the scene a little, you're more able to follow up, using the same system. You can do a little bit of task A on Monday, a little bit of task B on Tuesday and some of task C on Wednesday—for example, the floor space, then the surfaces (nightstands, bookshelf), then the floor space of the closet, until you're done."

BEST FOR Anyone who's easily overwhelmed by their stuff

WHO WANTS MY...?

Where to donate your clutter for a good cause

EYEGLASSES

Your old specs could mean the gift of improved vision for someone else. OneSight (onesight.org) collects eyewear donations that are then recycled for the raw materials. Funds collected help support eye-health programs in underserved communities worldwide.

CAREER CLOTHES

The suit that never looked right on you might be the confidence builder another person needs. With 11 locations across Canada, Dress for Success (dressforsuccess.org) provides gently used clothes for disadvantaged women entering or returning to the workforce.

ELECTRONICS

Still hanging on to that broken VCR? The Electronic Products Recycling Association (epra.ca) operates 1,000 authorized collection sites (drop-off centres, return-to-retail locations and special collection events) across Canada to help keep e-waste out of landfill sites.

FURNITURE, APPLIANCES, BUILDING SUPPLIES

Habitat for Humanity's (habitat.ca) 90 Canadian ReStores will take almost anything in your home, new or vintage (and maybe even the kitchen sink). Check with your store to see what can be donated. Profits go toward funding your local Habitat affiliate.



PURGE STYLE #2

CATEGORY BY CATEGORY

(The KonMari Method, as outlined in Japanese organizing guru Marie Kondo's bestselling book, *The Life-Changing Magic of Tidying Up*)

EXPERT Paula Blundell, professional home organizer and owner of Calgary's Room to Breathe

APPROACH Methodically purge and organize one category of items at a time. If you start with clothing, attack that project in its entirety (emptying closets, drawers, wardrobes and so on throughout the entire house) and place the items in one spot. Assess how each piece makes you feel (Kondo asks if it "sparks joy"). If it makes you happy, keep it; if it doesn't, place it in the discard or donate pile before moving on to, say, footwear, books or keepsakes.

EXPERT ASSESSMENT "When you approach organizing in a way that deals with all the items in one category, you're ensuring that every single item has a home, you're considering the quantity of stuff you actually own without missing any pieces and you're beginning the process of setting up your home into zones. When you bring a new item into your home after going through this process, you'll ask yourself which category it belongs to and, with that, you'll notice how much easier it is to put away."

BEST FOR Anyone yearning for a self-sustaining organizing system—and those who want in on pop culture's trendiest decluttering ethos

PURGE STYLE #3

ROOM BY ROOM

EXPERT Hellen Buttigieg, Oakville, Ont., life coach, certified professional organizer and founder of We Organize U

APPROACH Tidy one whole room before moving on to the next trouble spot.

EXPERT ASSESSMENT "This approach makes for a dramatic transformation and provides immediate gratification. Having an entire room organized, and maintaining it as a 'clutter-free zone' while tackling other areas of the home, gives homeowners at least one serene place to relax in and enjoy."

BEST FOR Deadline-driven types such as expectant parents and home sellers

MOBILE DEVICES

Unload unwanted mobile devices and chargers at Recycle My Cell (recyclemycell.ca) drop-off locations across Canada. Devices are refurbished or dismantled for use in other items. A donation to participating local charities is made for each device recycled.

BOOKS

Promote literacy by helping Books With No Bounds (bookswithnobounds.com) refresh the shelves of aboriginal school libraries in remote Canadian communities. Or donate books that are in good condition to your local library. Sales help fund programs and services.

HOCKEY GEAR

The joy of lacing up a pair of skates and getting on the ice is an experience every Canadian kid should have. Skate to Great (skatetogreat.org) distributes gently used skates, hockey gear and sticks to schools and organizations across the country.

FABRIC AND YARN

Victoria's Quilts Canada (victoriasquiltscanada.com) accepts 100-percent-cotton fabric in order to provide handmade quilts to people with cancer. Blankets for Canada (blankets4canada.ca) accepts acrylic yarn for blankets it provides to those without shelter.

TOOLS

Give your no-longer-used tools a second life at a tool-lending library. For a small yearly fee ($50 to $75), members can borrow hundreds of tools for home renos, repairs and gardening at this space-saving alternative to owning. Less clutter for you and for them!

5 clutter-prone zones and how to clean them up



MEDICINE CABINET CLEAN-OUT

30–60 MIN

START FRESH Pull everything out of the cabinet. Organize your supplies to make sure you have the basics, including bandages, a thermometer and gauze. Start a list of essentials you're missing.

CHECK EXPIRY DATES This is the date after which the manufacturer no longer guarantees full potency of the medication, says Derek Desrosiers, director of pharmacy practice support at the B.C. Pharmacy Association.

SAFELY DISPOSE OF UNUSED MEDS Don't flush expired or unused medications down the toilet (they can contaminate the water supply) or throw them in the trash where kids may find them. Almost all pharmacies participate in a medication-returns program for safe and environmentally responsible disposal.

MOVE ORAL MEDS Humidity from your steamy showers can break down tablet medications, says Desrosiers. Store in a plastic bin and move to a cool, dark place away from children. Carefully read and follow storage instructions on your medications.

MAKEUP BAG MAKEOVER

15 MIN

DUMP IT OUT If your bag is a wasteland of lipsticks and mascaras, it's time to reevaluate, says Plutino Group makeup artist Jukka. Discard any broken tubes and cases as well as products that you know aren't flattering.

PAST ITS PRIME Makeup expires quicker than you think. Once the package is opened, it becomes susceptible to bacteria that can cause skin irritation and eye infections. Mascara, for example, has a lifespan of three months, while liquid and cream foundations lose their lustre after six to 12 months. Pitch lip and eye pencils after a year.

KEEP IT SIMPLE Restock the makeup bag in your purse with just six products: foundation, blotting powder, concealer, mascara and one neutral and one glam lipstick or gloss. Prevent the need for eye-makeup touch-ups during the day by dabbing on primer before applying eyeshadow and eyeliner.

FIND THE BEST SPACE-SAVING, MULTIUSE BEAUTY PRODUCTS AT *canadianliving.com/multiuse.*

WARDROBE REFRESH

3–6 HOURS

GATHER YOUR SUPPLIES You'll need six boxes, bins or bags, says Marie Potter, director of marketing for the Professional Organizers of Canada. Label these "donate," "sell," "give away," "repair," "return" and "toss."

TAKE EVERYTHING—YES, EVERYTHING—OUT OF THE CLOSET Sort your clothes into categories and try on every last piece. Say goodbye to anything that doesn't fit or isn't worth altering; doesn't flatter your skin tone; is outdated, stained, snagged, pilled or yellowed around the collar or cuffs; has been kept out of guilt (gifts); or hasn't been worn in two years.

PUT ANYTHING LEFT BACK INTO YOUR CLOSET These are the items you love and use, and that fit, says Potter. Deal with the purged items immediately: Drop off donations, contact your local consignment shop about your salable items and return what you still have receipts for.

WHAT ABOUT "ASPIRATIONAL" CLOTHES? If you're working on losing weight, label a bin "close" for outfits that might fit soon. Write a deadline on the bin and, if you hit your goal, keep the clothes.

DEVICE DETOX

30 MIN

DELETE PHOTOS AND VIDEOS Not every photo of your kids and pets is a gem. Tech expert Amber Mac suggests sifting through your shots the first day of every month. "Upload the photos and videos you love to an online storage service such as Dropbox," she says. "Then, delete the originals from your phone." (dropbox.com)

GOODBYE, CANDY CRUSH The average smartphone user has 30 apps on her device, but most people use just 10 daily, says Mac. "Apps are getting bigger every year in terms of download size, so delete the ones you don't use. You can always reinstall the ones you miss." Decluttering will also improve the speed of your sluggish device.

MAKE ROOM FOR MUSIC Still downloading tunes? Streaming services often make more sense, notes Mac. "If you listen to music where free Wi-Fi is available, consider an app such as Spotify," she says. "Not only will you save money and free up valuable storage space, but you'll also get more choice." Spotify (spotify.com) offers an ad-free experience for $10 per month.

KITCHEN PANTRY PARE-DOWN

1 HOUR

START WITH SPICES Did you know spices lose their flavour after six months? The Test Kitchen found this out the hard way after testing a recipe with the dregs of a bottle of cayenne pepper, then retesting with a new bottle. H-h-h-h-ot! If you buy bagged spices, transfer them to containers right away to preserve freshness.

CHECK THE DATES *CL*'s Food director, Annabelle Waugh, has a simple tip for canned goods: "If an item you like goes on sale, check the best-before date. If it's fresher than what you already have in your pantry, store the new item behind or underneath the older items. It'll help you keep track of what to use first."

DONATE WHAT YOU DON'T USE If you're not using that can of coconut milk at the back of the pantry, donate it and any other nonperishables to a local food bank—but no expired or opened items, please. For more information, visit foodbankscanada.com.

BEFORE YOU TOSS THAT CAN OF FOOD.... LEARN MORE ABOUT BEST-BEFORE DATES AT *canadianliving.com/bestbeforedate.*

HE FIGHTS DIRTY, *no matter how dirty* DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.







WHEN IT COMES TO CLEAN THERE'S ONLY ONE Mr.

Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

© 2015 P&G.



Cash in on *your clutter*

Sell your stuff online, fast—and for a fair price.

1 A PICTURE DOES SAY 1,000 WORDS

On Kijiji (kijiji.ca), advertisements with photos receive five times more replies, notes Shawn McIntyre, community relations manager for the classifieds advertising website. “A photo cuts down on the questions from leads,” he explains. “They can see the condition of the item you’re selling.”

2 IT’S ALL IN THE DETAILS

Try to answer all of the questions a buyer might have about the item, says Candace Thomas, cofounder of Junk in da Trunk, an Ontario Facebook buy-and-sell group with 17,000 members. “Post the condition, measurements, whether it’s from a smoke- or pet-free home, colour, price and pickup location,” says Thomas. “This helps narrow down your customer base right away.”

3 DO YOUR RESEARCH

Are you asking way too much for your used treadmill? Compare the prices of similar items, says McIntyre. Is your item in better condition or worse? See what your competition is before pricing.

4 BE A RESPONSIVE SELLER

You might have a lovely patio set for sale, but if you don’t reply to potential buyers, they’ll likely move on and buy from someone else. “We often hear how frustrating it can be not to hear back from a seller when all the buyer really wants to do is give them money for the item,” says McIntyre.

stay *safe*

Selling your stuff online? The Toronto Police Service offers these tips to protect yourself during meet-ups.

- Don’t meet at home. Always meet in a well-lit, populated public place. Take someone with you during transactions. Keep a phone with you.
- If you’re selling larger items like furniture, have someone else with you at home during the transaction and, if possible, move the item to the garage or the back porch. As an added precaution, write down the buyer’s licence-plate number.
- Trust your intuition. A number of police services across the country, including Vancouver and Orangeville, Ont., now welcome sellers to complete transactions of high-risk items (jewellery, concert tickets, electronics) in front of the police station or in the lobby as an added security measure.

FIT TO GIVE

Are your items donation-worthy?

You’ve collected a nice-size pile of castoffs, but is your stuff up to snuff? With 12 years of charity and nonprofit experience, Toronto’s Rebecca Lee, who has worked at various family-support agencies, has seen the good, the bad and the ugly (not-so-gently used undergarments) when it comes to donations. Here are her giving guidelines:

- Ask yourself, “Would I put this item of clothing on my own child? Would I proudly pass it on to a friend, a neighbour or a relative?”
- Is this item usable? (A toaster that doesn’t toast and CDs that are scratched—not so usable.)
- Is this item broken or missing pieces? (Think a bookcase without its shelves, a damaged doll and chipped dishes.)
- Is this item appropriate for the organization receiving it? (Clothing for seniors donated to a youth organization probably won’t go to good use.)

If your stuff passes all of these tests, Lee suggests contacting smaller agencies and charities before dropping off donations to ensure that they have space for larger items.



Green Energy

8	Tbsp Almased
360	ml unsweetened almond milk
1	cup raw spinach leaves
½	pear
1	tsp stevia (optional)

Melt Your Belly Fat

Fat deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

Their key ingredient, Almased, helps you boost the fat-burning process while retaining muscle mass. Almased's special fermentation of non-GMO soy, yogurt and honey helps in weight management when used in conjunction with a healthy habit of diet and exercise. Combine that with providing a natural boost of energy, contributing to a healthy blood sugar level and helping in the function of the thyroid gland and you have the ideal weight loss multi-tasker.

The unique and all-natural Almased is gluten-free and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It acts as an antioxidant for the maintenance of good health and has been clinically confirmed to support weight loss and overall well-being.

TRY ANY OF THE DELICIOUS IMMUNE-BOOSTING SMOOTHIES BELOW TO GET YOUR DIET STARTED

Lemon Drop



8	Tbsp Almased
360	ml water
2½	tsp lemon extract
1	tsp flaxseed or walnut oil
1	tsp stevia (optional)

Strawberry Flaxtini



8	Tbsp Almased
1½	cup water
½	cup strawberries
1	Tbsp ground flaxseeds

Cinnamon Roll



8	Tbsp Almased
360	ml unsweetened vanilla almond milk
1	tsp ground cinnamon
1	tsp stevia (optional)

YOU CAN REPLACE ONE OR TWO MEALS A DAY WITH AN ALMASED SMOOTHIE FOR WEIGHT LOSS, OR ADD IT TO YOUR REGULAR DIET ROUTINE FOR WEIGHT MAINTENANCE AND WELLNESS.



Find more delicious smoothie recipes, get information on Almased and **download a free**, easy-to-follow diet plan at **figureplan.com** (enter source code **CLS**) or give us a call at **1-877-256-2733** (toll-free). For retailer inquiries, please call **True North Nutrition** at **1-800-261-4223** (toll-free).

TRUE NORTH NUTRITION

Look for Almased in select health food stores including these fine retailers:

Available at Walmart · SHOPPERS DRUG MART · Rexall · GNC LIVE WELL · Loblaws at select stores



Blue Berry™ really helps my eyes

Kathy needed some help for her declining eyesight. "I am impressed how well Blue Berry™ worked for me", she says.

"My name is Kathy and I am in my 60's now. Since the age of 10 I have had eye problems, such as blurred vision, and therefore I always feared my yearly eye exams. I knew the results would be bad.

I heard about Blue Berry from a friend

My best friend told me he had been taking blueberry tablets to help maintain his eyes after he was diagnosed with AMD, and that he was really satisfied with the product. So I went to my nearby pharmacy and bought a package.

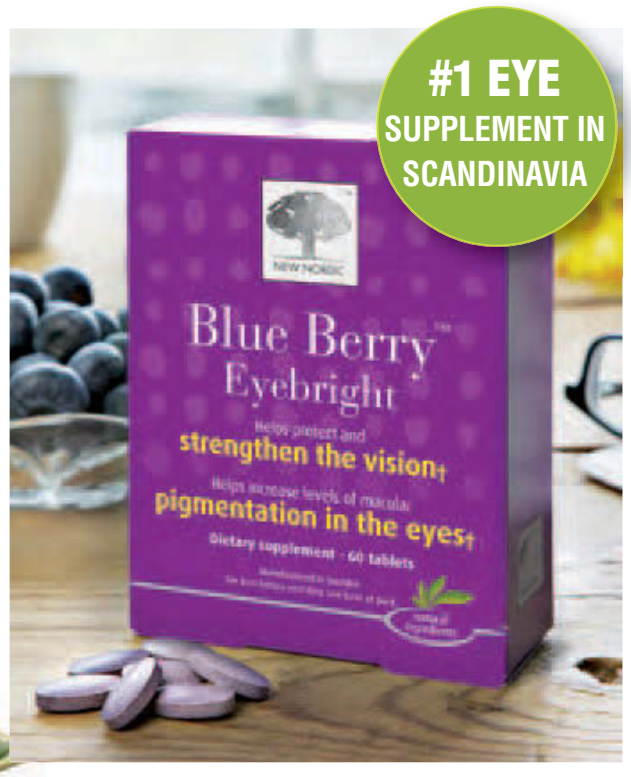
It really works for me!

After a few months of taking this supplement, I noticed a great effect and I am sure Blue Berry was a big part of that. Now I am not so concerned about the future of my eyesight, and I will surely keep taking Blue Berry as part of my daily routine."

Kathy C., New-York

Antioxidants and carotenes are good for your eyes

Have you noticed your eyesight deteriorating? New Nordic's Blue Berry is the no. 1 eye supplement in Scandinavia and has been so for over a decade. It is based on high concentrations of carotenes and antioxidants, extracted from Swedish blueberries and marigold flowers (as lutein). Blue Berry nourishes the central macular of the eyes (vision center), protects the eyes from free radicals and helps maintain eyesight, even in conditions of AMD and Cataracts.





Did you know?

Age-related Macular Degeneration (AMD) is the leading cause of vision loss in North America. But today we know from scientific studies, that concentrated extracts of carotene (color pigment) rich plants and fruits offer significant benefits in maintaining eyesight, even in condition of AMD and cataracts.



NEW NORDIC

ONLINE SHOP
newnordic.ca

Available at participating pharmacies and health food stores. 1-877-696-6734.

SHOPPERS DRUG MART · Loblaws · Superstore · Extra Foods · Zehrs MARKETS · Walmart · Save On Foods · Rexall · GNC · London Drugs · amazon.ca · metro

* ® / TM Trademarks of Loblaw Inc. Used with permission. All rights reserved. Loblaw Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure Chili Burn is right for you, always read the label and follow the instructions. 1- Green tea extract reduces body fat in humans. Nagao, Hase and Tokimitsu, Obesity, 2007, 15:1473-1483



Foreword *Thinking*

Margaret Atwood has been a CanLit fixture for nearly half a century, yet she may now be more relevant than ever. We spoke to her about her latest book, her online life and her predictions for the future of print.

BY JILL BUCHNER

PHOTOGRAPHY, JENNA MARIE WAKANI

SURE, MARGARET ATWOOD is known for her ambitious plots and astute literary criticism, but she's also a *Game of Thrones* fangirl who writes commentary predicting which character will reign over the Seven Kingdoms. And when she isn't penning poetry books, novels or critical essays, she's tweeting pithy and political comments in 140 characters or less.

In fact, at age 75, she's an early adopter of just about every new technology and cultural phenomenon out there. She even published early installments of her latest book, *The Heart Goes Last* (McClelland & Stewart, $33), as a serial on Byliner, a literary website, nearly three years before the book's September 2015 release.

The novel opens with a world on the edge of financial ruin. Faced with record unemployment and sleeping in their car, protagonists Stan and Charmaine choose to enter a social project that offers clean, comfortable housing in exchange for spending half of their time in prison. We sat down with Atwood to learn more about the book—and the exciting things she has on the horizon.

Q&A

WHAT WAS YOUR INSPIRATION FOR *THE HEART GOES LAST*? I had been thinking about prisons. Going back to early history, we didn't have prisons until we had permanent settlements, because if you have nomadic communities, you can't build prison systems. So where did this whole prison thing come from and what are they for? Are they to keep us safe from really bad people? Are they to punish people? Are they to reform them? It kicked off an exploration of prisons as profit-making schemes. There are such things today, and there are prisons where the organs of executed people are sold.

YOUR RECENT FICTION SEEMS TO HAVE BEEN INSPIRED BY REAL-WORLD ENVIRONMENTAL AND FINANCIAL ISSUES. DO YOU WRITE ABOUT THESE SCARY SCENARIOS BECAUSE THEY COULD BE OUR FUTURE? It's already in our past in a lot of cases. We had that financial meltdown in 2008, and what you got was sections of Detroit where all the houses are empty. A lot of people have lived this story already. I don't think we see it as a crisis until it affects us, and we're shocked when it happens to people who might be us. Stan and Charmaine might be us, and neither of them is a heroic figure—they're just regular subject-to-temptation people.

YOUR 1972 CRITICAL WORK, *SURVIVAL: A THEMATIC GUIDE TO CANADIAN LITERATURE*, HAS BEEN INTEGRAL TO OUR UNDERSTANDING OF CANLIT AND HOW SURVIVAL THEMES PERMEATE OUR WRITING. DO YOU THINK THOSE OBSERVATIONS ARE STILL TRUE TODAY? The motifs are still there, but a number of them have evolved. Nature in the 19th century was a monster that would probably smush you. Now, as I say in *Survival*, our consciousness has changed radically: We think of it as something we need to protect. Survival used to be pretty Canadian, and now, it's pan-global. We're no longer thinking about the survival of the pioneer in the forest; we're thinking about the survival of the human race.



THE HEART GOES LAST, *Atwood's 15th novel, is available in bookstores Sept. 29.*

YOU'VE WRITTEN A LOT OF NOVELS THAT HAVE BEEN DESCRIBED AS DYSTOPIAN. DO YOU THINK THAT REFLECTS A PESSIMISTIC PERSPECTIVE OF THE WORLD? Everybody is an optimist when they get out of bed in the morning. If you're really depressed, you don't bother doing that. We're always looking forward, and we're optimistic enough to think that there's going to be a story with us in it. So you'll notice that, in all of these dystopias, there's still somebody left standing at the end. Writing a book is a very optimistic thing to do—no matter what's in it. When you start writing it, it's optimistic to think you're going to finish. It's optimistic to think it will sell, and to think that somebody will read it, understand it and enjoy it.

YOU WERE THE FIRST AUTHOR TO SUBMIT A BOOK TO THE FUTURE LIBRARY PROJECT, WHICH WILL PRINT AN ANTHOLOGY OF NEVER-BEFORE-SEEN TEXTS IN THE YEAR 2114. DO YOU THINK PRINTED BOOKS WILL STILL BE AROUND IN 100 YEARS? People were saying about five years ago that it's all going to be e-books, but guess what? It isn't. Apparently, there is a neurological difference in how we read onscreen and on paper. And you just get a deeper read on paper.

EVEN THOUGH YOU'RE SO INGRAINED IN PRINT, YOU'VE BEEN REALLY ACTIVE ON SOCIAL MEDIA AND ONLINE WRITING COMMUNITIES. WHY ARE YOU SO EAGER TO TRY IT ALL? I'm curious about human tools and their multiple uses. Our first human tool was probably language. I had one of the early personal computers. I followed the digital world along and watched it evolve.

HOW HAVE YOU SEEN YOUR WRITING CHANGE OVER THE YEARS? When I was 16 or 17, I wrote a story about this really old person—decrepit, dusty, mouldy, no hope, wasted life. That person was 40. So everything's relative. When you're a younger person, you don't know what it's like to be an older person. Whereas, if you're older, you've actually done all those stages of life; you can remember what they were like.

YOU'VE ACCOMPLISHED SO MUCH IN YOUR LIFE. IS THERE ANYTHING YOU STILL WANT TO DO? We're doing a graphic novel of *The Handmaid's Tale,* and the HBO TV series of the *MaddAddam* trilogy is in process. *Alias Grace* is also being adapted by [Canadian actor-director] Sarah Polley, who has already written the script for a six-part miniseries. But if you mean, have I got a super-new technology that will save the world? Not yet. ●

PHOTOGRAPHY, JENNA MARIE WAKANI

ME TO WE

YOU CAN CHANGE THE WORLD

Gear up for school and make a difference! Every Me to We product makes a life-changing impact in a community overseas.



Cast of award-winning TV show, *Degrassi* model Me to We's back to school products

WE GIVE HEALTH CARE

WE GIVE CLEAN WATER

WE GIVE SCHOOL SUPPLIES

WE GIVE HEALTHY FOOD

WE GIVE FINANCIAL TOOLS

WHAT WILL YOUR IMPACT BE?

LEARN MORE AT **SHOP.METOWE.COM**

Right on Schedule

Ease the transition from summer fun to September's back-to-busy with these tips.

BY JACQUELINE KOVACS

FOR MANY OF US, the day after Labour Day is the true beginning of the year. September is not just about going back to school; it's about getting back into a routine, even when there are no kids in the house. Like any transition, it can be tricky—but it's not impossible. We spoke to some pros for their tips on getting a smart start on the season.

1 MASTER THE FAMILY CALENDAR

School, work, homework, soccer practice, dog walking, orthodontist appointments and shopping for birthday presents—don't panic! The solution, says Clare Kumar, owner and founder of Streamlife, an organization services company in Toronto, is as simple as a great calendar—well, two calendars. "Using an online system like Google Calendar is great because it's always available," says Kumar, a mom of two. "But there's also huge value in having something on paper in a 'command centre' such as the kitchen." Every family member should note their lessons, meetings and appointments on a monthly calendar. Don't forget to incorporate key dates from the school calendar—PA days, photo day, parent-teacher interviews and so on.

2 TWEAK YOUR SLEEP ROUTINE

After weeks of late nights and, for some, sleep-in mornings, it can be tough to get the recommended hours of shut-eye. So don't try to do it all at once, says Alanna McGinn, sleep consultant and founder of Good Night Sleep Site, a sleep consultancy that helps families overcome sleep problems. "A couple of weeks before the first day of school, start bumping up bedtimes," she says. Start gradually so it's less noticeable, say, 10 to 15 minutes earlier each night. (This technique works for adults, too!) And don't underestimate the power of sleep-inducing bedtime routines. "You want to bring down the stimulation, so lower the lights and use calm voices," says McGinn. Turn off all electronics (TV included) an hour before bedtime, she adds. Studies have shown that even small devices emit sufficient light to promote wakefulness. You can avoid screen battles by introducing a communal docking station located away from sleeping areas. "It becomes part of the routine—the whole family charges their devices overnight."

3 MANAGE THE MENU

Fuel your busy fall with planned healthful eating. Ask for everyone's input on their favourite breakfasts, lunches and dinners, then outline a week's worth of meals. Post the menu on your fridge and compile your shopping list. Feeling inspired? Prep vegetables for weekday lunches or cook in batches on weekends. This saves time, hassle and even money during the week, says Leslie Beck, registered dietitian and author of *Leslie Beck's Healthy Kitchen*. Another time-saver? "Plan purposefully for leftovers," says Beck. "Think about how you can cook once and get two or more meals—for your lunch or the kids' lunches—out of it." It may take a while to get the hang of shopping for seven dinners in one trip, so don't beat yourself up if you find there isn't enough in the fridge for a conventional meal that includes protein, veggies and starch come Thursday. Our guest editor, Chef Lynn Crawford, is all for taking it easy at the end of a busy day. "Have a fried egg sandwich!" she enthuses. Add some baby carrots or a side salad and you've got a nutritionally complete meal in mere minutes.

4 PREP TODAY FOR TOMORROW

Whether you're scrambling to get the kids to swimming lessons or to make it to your yoga class, hunting for gear the morning of can be a pain—so don't, says Kumar. Instead, pack activity bags (one per hobby) with everything you need, and have the bag ready and waiting by the front door the night before. Use that same philosophy to get everyone out the door in the morning. "After dinner is a great time to look at the calendar and get all that planning done," says Kumar. So make lunches, sign forms, check the schedule for extracurriculars and pack the activity bag for a fret-free start to the day.

5 MAKE TIME FOR YOU

Why should Jan. 1 have all the fun? Use the new season to try something new. That could be a cooking class, a book club or an hour of scheduled unplugged time. As long as it's something that adds happiness, value or fun to your life, says Kumar, it doesn't matter. "Take time to be aware of how you're spending your time," she says. "Get clear on what's important to you." Managing your time is about not only adding more to your busy life, says Kumar, but also figuring out what to subtract to make room for what matters. ●

FREEZING FOOD IS ONE OF THE BEST MAKE-AHEAD STRATEGIES FOR BUSY NIGHTS. LEARN HOW TO FREEZE CASSEROLES, STEWS AND MORE AT *canadianliving.com/freezefood.*

PHOTOGRAPHY: KEVIN WONG. PROP STYLING: CHRISTINA YAN

PERIOD PADS FOR THE MONTHLY.

POISE® PADS FOR THE DAILY.

The fact is, period pads simply aren't designed for light bladder leaks. Poise® Thin-Shape* Pads absorb moisture, neutralize odours, and stay three times drier than period pads.† So recycle your unused period pads into something useful, and discover why millions of women worldwide have made Poise® pads their own. #RecycleYourPeriodPad

GET YOUR FREE SAMPLE KIT AT POISE.COM



†vs. leading regular-size period product, where most needed.
®Registered Trademark and *Trademark of Kimberly-Clark Worldwide, Inc. © KCWW.
Voted Most Trusted Adult Incontinence Brand by Canadian Shoppers. Based on the 2015 BrandSpark Canadian Shopper Study.

BrandSpark MOST TRUSTED BY CANADIANS 2015



Interac, *Interac* Flash, *Interac Be in the black*, and the *Interac* logo are trade-marks of Interac Inc. Used under license. *Amounts vary by issuer. The Contactless Indicator is a trade-mark of EMVCo, LLC. Used under license.

pet-food must-haves

Make sure your four-legged friends get a balanced diet with these five key ingredients.

BY VICKIE REICHARDT & STEPHANIE ZOLIS



PHOTOGRAPHY, THINKSTOCK

SHOPPING FOR PET FOOD CAN BE CONFUSING. With so many options—wet, dry, organic, grain-free—how can you be sure what's best for your cat or dog? There's a lot of persuasive marketing of pet food, and that means pet owners can lose sight of what's most important when it comes to feeding their animal companions. "Having the right nutrient profile is most important," says Dr. Adronie Verbrugghe of the Ontario Veterinary College at the University of Guelph. That profile, according to the National Research Council of the National Academy of Sciences, a U.S. research organization, includes 38 essential nutrients required for dogs and 40 for cats.

Each pet's dietary needs depends on many factors—including age, breed and medical conditions—and your vet can best advise on proper feeding. But assuming you have a healthy adult cat or dog, here are the five must-have pet-food ingredients.

WHAT YOU NEED TO KNOW

Protein

WHY IT'S IMPORTANT Protein (and the essential amino acids it brings) is necessary to build, maintain and repair cells, tissues and organs.

WHAT CATS NEED Look for nutrient-dense whole meat ingredients (meat "byproducts" are lower quality). Organ meat—heart, liver or kidney—is especially beneficial because it's a natural source of many essential vitamins and minerals, including the must-have amino acid taurine (also added to commercial pet food to meet required levels).

WHAT DOGS NEED Roughly 15 to 30 percent of your dog's diet should be protein, ideally from whole meat, such as chicken, lamb or turkey, instead of byproducts. Pure "meat meal" is also fine; it's a concentrated protein consisting of fat-free, nutrient-dense powdered meat.

Fat

WHY IT'S IMPORTANT Fat helps your pet absorb fat-soluble vitamins A, D, E and K and delivers energy along with omega-3 and omega-6 fatty acids, which keep your pet's skin and coat healthy.

WHAT CATS NEED Essential fatty acids, including linoleic and arachidonic acids, are vital to your cat's overall health and best absorbed from meat-based sources, such as chicken fat.

WHAT DOGS NEED Fat is your dog's top source of energy, but it shouldn't make up more than about 10 to 15 percent of its diet since too much can lead to obesity. In dog food, fats typically come from pork, poultry or vegetable oils.



SAVE $3

on your next $20 purchase of President's Choice® Nutrition First® Pet Food



Save $3.00 off your $20.00 purchase of PC® Nutrition First® dry and wet dog and cat food, and dog treats. Coupon redeemable where President's Choice® Nutrition First® products are sold, excluding Shoppers Drug Mart®. This $20.00 requirement must be met before taxes. $3.00 will be deducted from total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer. No cash value. No copies. Coupon must be presented to the cashier at the time of purchase. Expires March 31, 2016. Cannot be combined with any other coupons or promotional offers.

4 10000 04960 0

SAVE $5

on your next $30 purchase of President's Choice® Nutrition First® Pet Food



Save $5.00 off your $30.00 purchase of PC® Nutrition First® dry and wet dog and cat food, and dog treats. Coupon redeemable where President's Choice® Nutrition First® products are sold, excluding Shoppers Drug Mart®. This $30.00 requirement must be met before taxes. $5.00 will be deducted from total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer. No cash value. No copies. Coupon must be presented to the cashier at the time of purchase. Expires March 31, 2016. Cannot be combined with any other coupons or promotional offers.

4 10000 04971 6



Dogs drink readily, so keep plenty of fresh water available for your pooch.

Water

WHY IT'S IMPORTANT Water is vital for both species and usually accounts for 60 to 70 percent of your adult pet's weight. It regulates body temperature, transports oxygen and nutrients throughout the body, aids digestion and flushes the urinary tract.

WHAT CATS NEED Cats generally have low thirst drives and can get what they need through wet food, which is typically between 68 to 78 percent water (compared with an average of 10 percent moisture in kibble). Always have a bowl of fresh water available, as well.

WHAT DOGS NEED Dog kibble is about five to 10 percent water, while wet food has much more. Dogs will readily drink water, so getting it through food isn't as big a concern. A healthy adult dog needs to consume roughly 30 millilitres of water for every 4½ kilograms (that's about an ounce of water for every 10 pounds) in body weight daily, so keep a bowl of fresh water on the go for your pooch.

Vitamins and Minerals

WHY THEY'RE IMPORTANT Vitamins and minerals assist with chemical reactions in the body, provide nutrients and help build strong muscles and bones. Pet food that's labelled "complete and balanced" meets the Association of American Feed Control Officials nutritional requirements, so unless your vet says so, there's no need for further supplements. That said, if you're feeding your pet a raw-food or homemade diet, check with your vet or a pet nutritionist to determine if it contains all the essential vitamins and minerals, and supplement accordingly, if needed.

WHAT CATS NEED Fat-soluble vitamins A, D, E and K, as well as B vitamins niacin and thiamine. Minerals, especially calcium and phosphorus, need to be consumed in specific proportions, which "balanced/complete" food provides correctly.

WHAT DOGS NEED Vitamins A, D, E and K, along with water-soluble vitamin C and B-complex vitamins. Again, supplements aren't necessary; in fact, too much of certain vitamins or minerals can cause damage. For example, excess vitamin A can damage a dog's blood vessels.

Regardless of which food you buy, its overall nutritional makeup is what's key. Look for the words "complete" or "balanced" on the label and talk to your vet if you have questions. "With good nutrition, you can prevent a lot of diseases later in life," says Dr. Verbrugghe. And that means a longer, healthier life for your furry friend. ●

40th ANNIVERSARY GUEST EDITOR



Lynn Crawford's dogs, Pork Chop and Charlie Pickles, are two stars of her popular Instagram feed. "They are such a huge part of my life," she enthuses. "I love them to death!" The chef is trying to teach Pork Chop how to hunt for truffles, but in the meantime, he and Charlie Pickles are enjoying their monthly delivery of treats from barkbox.com.

THEY'LL DROOL OVER THE INGREDIENTS. YOU'LL DROOL OVER THE PRICE.



PC® Nutrition First® pet food is made with high-quality animal protein, wholesome grains, whole fruits and vegetables, vitamins, minerals, probiotics, prebiotics and omega-3 and 6 fatty acids. There is also no corn, wheat, soy, sugar or by-products and no artificial flavours, colours,or preservatives added. So it's good for your pet, but at a price and location that's good for you.* Find it in the pet food aisle.

PC.ca/NutritionFirst

NUTRITION FIRST® CRAVE MORE™

*When you compare to the prices of equivalent major competing pet food brands available at select major pet specialty retailers. Excludes Quebec. ®/™ Loblaws Inc. ©2015 Loblaws Inc.

You can't predict what they'll
get into out there, but you can in here.

TEMP$_2$O™ SHOWER TECHNOLOGY



© 2015 Masco Canada Limited

Take the guesswork out before they get in with Delta® Temp$_2$O Shower Technology. The water-powered LED display changes color based on your water temperature so you can be confident knowing your family will get the right, safe temperature every time. To learn more, visit *deltafaucet.ca/temp2o*.

DELTA

see what Delta can do™

@DeltaFaucetCAN

Windows of opportunity

Dressing a window is rarely an open and shut case. From finials to fabrics, our expert panel shows you everything you need to know about amazing drapes.

BY BRETT WALTHER

Make sure your curtain rod is slightly longer than the width of your window.

+

Choose a header for both style and function.

Ikat Ogee linen curtains in Ivory/Platinum, from $100 per panel, westelm.com.

Choose a fabric that moves well and isn't too stiff.

Let your drapes "kiss" the floor.

DO-IT-YOURSELF

raise the curtain

Custom-made drapes are a big investment, but they're not the only way to get one-of-a-kind window treatments. Put your own spin on affordable ready-made panels with these easy trim projects.



THE JUMPING-OFF POINT

Crisp white linen drapery panels are the perfect blank canvas for any number of DIY updates. *Aina curtains, $60 per pair, ikea.ca. Cappa drapery rod, $45, umbra.com.*

DIP-DYE





Using a **spray bottle,** saturate the bottom 12 inches of the drapery panel with water. Wearing rubber gloves and following the manufacturer's instructions, prepare **fabric dye** in a clean bathtub. Immerse the bottom eight inches of the drapery panel in the dye bath, hanging the remainder over the edge of the tub. Let the immersed panel soak for one hour, frequently mixing the dye with rubber-gloved hands. (The dye will creep up the saturated fabric to create a watery gradation of colour.) Rinse the dyed portion of the panel until the water runs clear. Squeeze out excess water and hang the panel to dry.

= Beachy Ombré

RIBBON



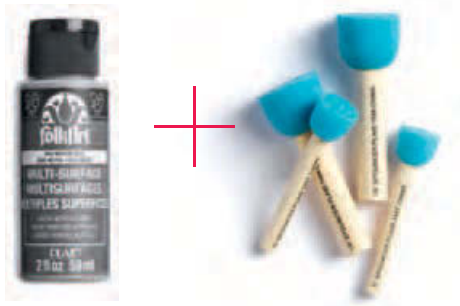


Cut three strips of **grosgrain ribbon,** each three inches longer than the width of the drapery panel. Lay the drapery panel flat and place one strip of ribbon widthwise across the panel, about eight inches above (and parallel to) the bottom hem. Using the ribbon as a guide, apply a straight line of **permanent fabric adhesive** half an inch above the upper edge of the ribbon. Place a second ribbon along the adhesive line, leaving a 1½-inch overhang on each side. Press firmly to adhere. Wrap the overhang around the reverse of the panel and secure with fabric adhesive. Apply the remaining two strips with adhesive to create three parallel stripes, leaving a ¾-inch gap between each.

= Tailored Stripes

STENCIL







Lay the drapery panel flat on a drop cloth or tarp. Arrange the left edge of a **stencil** along the left hem of the panel, approximately six inches above the bottom hem. Using a **sponge applicator,** apply **multisurface acrylic paint** to the stencil in light dabbing motions. Continue stencilling across the width of the panel, ensuring the pattern runs parallel to the bottom hem. Hang the panel to dry.

= Bohemian Lace

ON THE MARKET FOR READY-MADE DRAPES? WE'VE ROUNDED UP THE BEST OF THE BUNCH AT *canadianliving.com/bestdrapes.*



"Try these upmarket makeovers on prewashed cotton or linen drapery panels. Fabric dyes and paints work best on clean natural fibres!"
— BRETT WALTHER, HOME & GARDEN DIRECTOR

PHOTOGRAPHY: DANIEL HARRISON (PRODUCT); JEFF COULSON (PORTRAIT)



*BEHR MARQUEE® Interior Paint & Primer Rated #1, based on results from independent laboratory studies of major Canadian Interior Paint & Primer in One brands.

†Valid only when tinted with colours from the exclusive MARQUEE® Interior One-Coat Colour Collection. For more information visit BEHR.com/MARQUEEguarantee

BEHR®

MARQUEE®

BEHR'S MOST ADVANCED PAINT

NO. 1 RATED INTERIOR PAINT*

ONE-COAT GUARANTEED†

ONE HAPPY COUPLE

BEHR.com/MARQUEEguarantee

Exclusively at

THE HOME DEPOT®

More saving.
More doing.®

WINDOWS 101

curtain call

Whether you rely on window coverings for privacy and light control or simply enjoy them as a style statement, the how-to of hanging them remains the same. We asked Janine Morrison, founder of Toronto's fabric and custom drapery destination Tonic Living, to share her formula for flawless window treatments.

BY BRETT WALTHER

Swaying Palms fabric in Aloe (drapes), $16 per yard, tonicliving.com.

BROADLY SPEAKING

The single most common mistake people make when hanging drapes? Installing a curtain rod that's too short. For an average-size 50-inch-wide window, Morrison recommends extending the rod four to six inches on either side of the window opening. "This way, the drapes won't block the view or the natural light when they're fully open," she says.

RAISING THE BAR

The right height for a curtain rod depends on the distance between the top of the window trim and the ceiling. "Mount the rod one-third of the way down from either the ceiling or the base of the crown moulding," says Morrison.

LET IT FLOW

When choosing a suitable fabric for drapes, movement is key. "If the material is too heavy, the drapes become stiff and cumbersome," says Morrison. "If it's too lightweight, they can look cheap." Cotton, linen and cotton/linen blends strike the perfect

PHOTOGRAPHY, ZEKE RUELAS



Janine Morrison,
founder of Tonic Living



balance and can easily be upgraded to blackout drapes with the addition of a liner.

LAYER IT ON

Peek through the windows of any professionally designed home and you'll notice that drapery panels rarely work alone. Instead, they're part of a layered approach that pairs them with blinds, shades or sheers for added privacy and light control. Morrison's signature window covering is drapes combined with a roman blind, one in a solid colour and the other in a complementary pattern ("I would never match the fabrics!"). When layering sheers, she prefers natural textiles, such as linen and cotton, over synthetic tulles and voiles, and she ensures cohesiveness by giving the sheers the same header treatment as the adjacent drapery panels. "If you do a pencil pleat for your drapes, do a pencil pleat for your sheers," she says.

TAKE A HEADER

The header, the top hem of a drapery panel that hangs from the curtain rod, can take a variety of different forms. Although tunnel-top and tab-top headers tend to be the most affordable options on the ready-made market, they don't glide easily across a drapery rod and, therefore, aren't ideally suited for drapes that will be opened and closed daily. For ease of operation, Morrison recommends a header that's either mounted to a track system or backed with drapery hooks that, in turn, attach to decorative curtain rings.

HOW LOW CAN YOU GO?

They were at the height of fashion 10 years ago, but Morrison says puddled drapes are becoming passé. "These days, the goal is for drapes to just graze or 'kiss' the floor," she says, noting that it's a tidier—not to mention, much more practical—style. "Because the panels aren't pooling on the floor, they don't need as much tweaking. The weight of gravity keeps them perfectly in line."

PRINTS CHARMING

Though you can never go wrong with textured linen in a goes-with-everything neutral, patterned drapes have the power to bring a lacklustre room to life. These fearless printed fabrics are flying off the bolt and onto a window near you.

HOTTEST STRIPE



Banda cotton in Black and White, $13 per yard, tonicliving.com.

HOTTEST GEOMETRIC



Baraka Ikat linen in Grey, $33 per yard, tonicliving.com.

HOTTEST FOLIAGE



Swaying Palms polyester in Aloe, $16 per yard, tonicliving.com.

HOTTEST FLORAL



Gazebo linen/rayon in Cloud, $28 per yard, tonicliving.com.

PLAYING IT SAFE



Tuscany linen in Oatmeal Slub, $21 per yard, tonicliving.com.

rods & ends

A double curtain rod makes quick work of hanging drapery panels and sheers.



Cappa double rod in Darjeeling, $80, umbra.com.

CAPPING THINGS OFF

"When finials get too fussy, they can compete with the fabric," says drapery pro Janine Morrison. That's why she'll counter dramatic drapes with modest hardware, whether it's a classic end-cap or a clean-lined art deco finial. If you're going with hardware in a metallic finish, Morrison suggests taking cues from the existing metallic accents in the space.

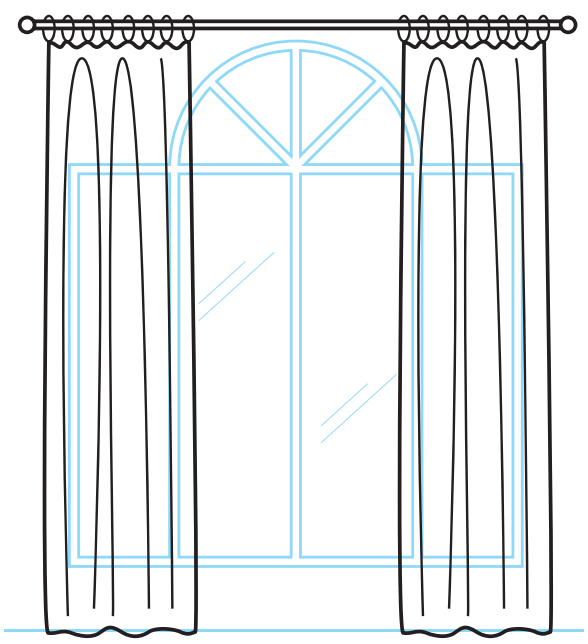
PHOTOGRAPHY, DANIEL HARRISON (FABRICS). MERETE CURTAINS IN WHITE (TOP), $40 PER PAIR, IKEA.CA

window dressing



Mary Dobson, *interior decorating program coordinator at Georgian College in Barrie, Ont.*

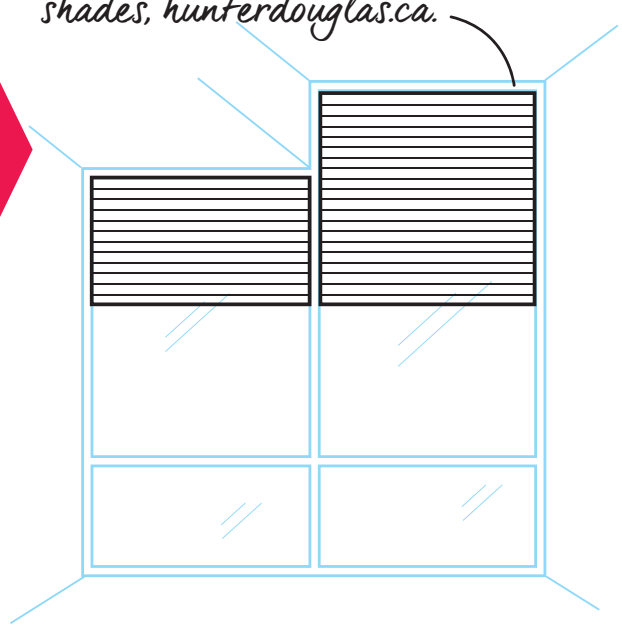
Not all windows are straightforward. Decorating expert and *Cityline* sewing legend **Mary Dobson** counts down four of the trickiest windows she's encountered in her career, along with her foolproof tips on how to dress them.



PALLADIAN WINDOWS

These beauties are often overdressed. Classic lined drapes and easy-glide hardware are the way to go. Look for a minimum 1¾-inch-diameter rod as well as rings with a silicone inner core for easier operation of the drapes. Mount the rod several inches above the top of the window's curve and extend it several inches on either side of the total width. Because these windows are often quite large in scale, play up that strength by choosing an oversize patterned fabric.

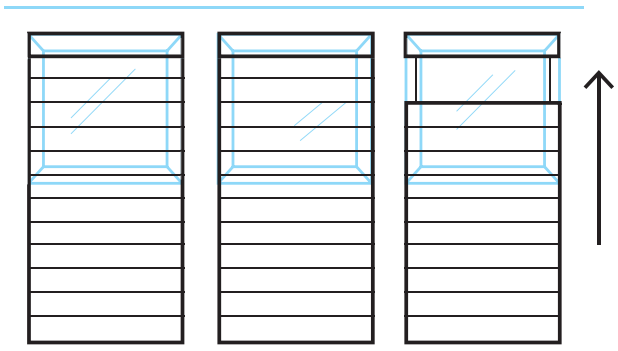
Try Duette honeycomb shades, hunterdouglas.ca.



THE BIGGEST CHALLENGE

BASEMENT WINDOWS

Most of us would love to utilize basement square footage as living space, but the typical tiny, high windows don't let in much in terms of light (or a view). This is where it pays to indulge in a little trickery. Make them appear two to three times larger by installing roman shades that cover each window frame—and a good chunk of the wall below. No one will ever guess that there isn't a full window behind the window covering. Opt for shades with a top-down, bottom-up construction, which can be raised or lowered accordion-style in either direction.

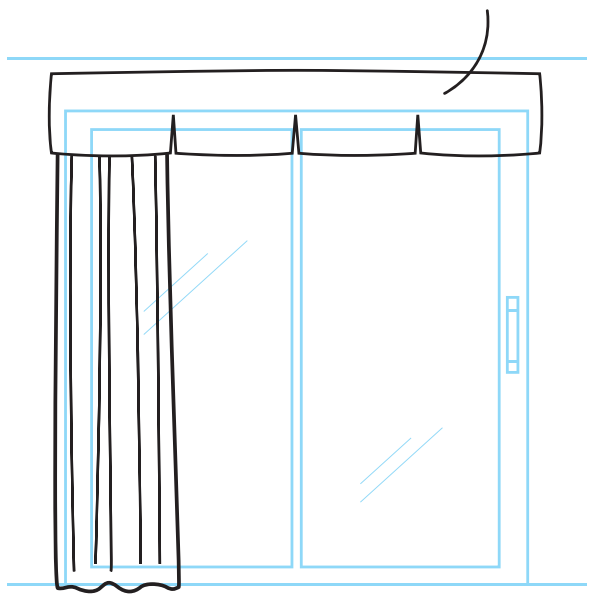


COULD YOUR READY-MADE CURTAINS USE A TRIM? DOBSON SHARES STEP-BY-STEP INSTRUCTIONS FOR HEMMING DRAPERY PANELS AT *canadianliving.com/hemdrapes.*

VARYING HEIGHT FLOOR-TO-CEILING WINDOWS

This dreaded configuration is what happens when bulkheads and windows collide—a common occurrence in condo design. Again, the simplest solution is always best. Cellular shades, which look like honeycomb from the side, provide varying degrees of light control and insulation, depending on the lining you choose. Although the face of the shade can range from textured linen to smooth sateen in a rainbow of colours, the reverse side is always available in white backing, which is required by most condo boards. When they're stacked up accordion-style, cellular shades have a wonderfully low profile, which maximizes your view. If the budget allows, consider upgrading to cordless operation—and if you want to be really decadent, treat yourself to remote control!

Drapery headers can get caught on telescoping curtain rods. Smooth-operating one-piece rods are a worthy splurge for frequently drawn drapes.



PATIO DOORS

Sliding patio doors are high-traffic zones, which is why drapes with a grommet header are a great solution. They're easy to open and close, and, if you install them on a solid one-piece rod without a centre support, you have the option of splitting them like traditional drapes or throwing them all to one side during peak patio season. For a more tailored look, conceal the grommets behind a valance.

ILLUSTRATIONS, BRENDAN FISHER. PHOTOGRAPHY, ELLIE KISTEMAKER (PORTRAIT)

Bona®

Clean, Shine & Protect



Bona® Hardwood Floor Polish

Bona® Hardwood Floor Cleaner

Life happens. Trust Bona® to clean, shine & protect your hardwood floors. With over 90 years of professional experience, we're all you need to keep them looking beautiful.

When life happens in your home, trust **Bona**®

Available at:

CANADIAN TIRE

Visit the **NEW ca.Bona.com** today! I Like us on Facebook at Bona Hardwood Floor Care.

Best Buys Under $100

We've got nine ways to upgrade your living room—without breaking the bank.

BY BRETT WALTHER



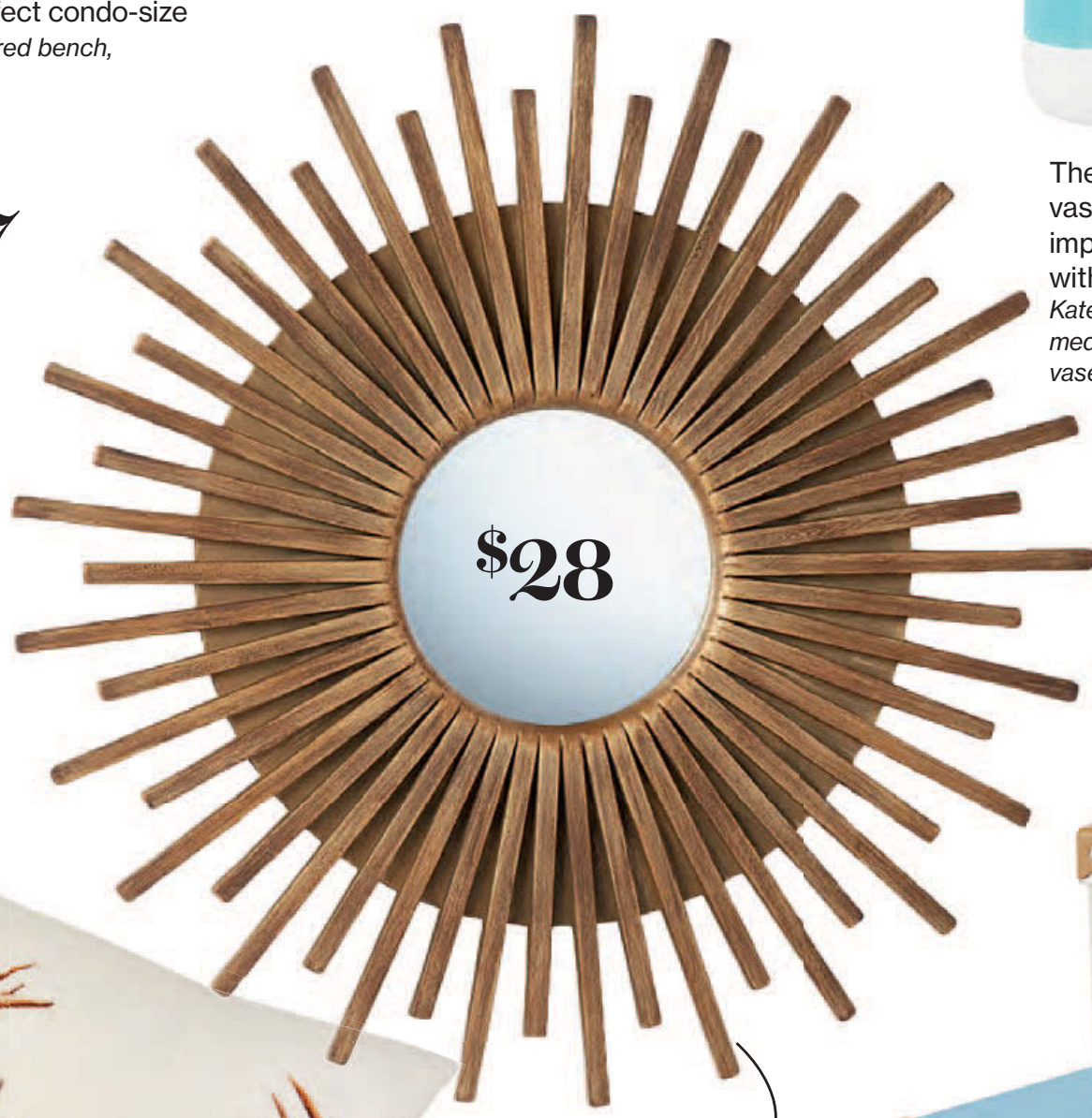
$69

Pop a tray onto this tufted bench and you have the perfect condo-size coffee table. *Upholstered bench, walmart.ca.*



$17

Even if you never light this scented candle, it earns its keep as an ultraglam ornament. *Fringe Blue Gatsby Gracie cube candle, thebay.com.*



$28

Hang this mirror above the mantel and reflect on the bargain you scored. *Gold starburst mirror, walmart.ca.*



$55 $55

Two spectacular toss cushions is all it takes to update your sofa. *Midnight Floral pillow and Antler pillow, indigo.ca.*

This price tag gives you plenty to smile about!



$60



$75

These cylindrical vases make an impressive statement—with or without flowers. *Kate Spade New York Posy Court medium vase and Hampton Street vase, thebay.com.*



$6 $6

Keep living-room clutter out of sight but conveniently close at hand. *Fjälla boxes with lids, ikea.ca.*

SHOPPING FOR A NEW SOFA? WE REVEAL THE BEST BARGAINS IN THE COUNTRY AT *canadianliving.com/budgetsofas.*

We ♥ CANADA'S

styleathome

COLLECTION

Get a sophisticated, modern look with our bestselling Dark Beauty bedding collection.

We love the European elegance of the lilac coverlet.

The painterly floral-patterned shams and comforter are perfect for any bedroom!



Sears

See more of the Style at Home Collection, available exclusively at Sears and online at **sears.ca/styleathome**



Penney & Co. Designer Collection Fusion mineral paint in Soapstone (chest) and Pebble (frames), $19 per pint, fusionmineralpaint.ca.



Penney uses a foam roller for a smooth spray paint–like finish but reaches for a bristle brush when the project calls for a rustic effect. "Visible brushstrokes often give furniture a vintage feel," he says.



FIVE MINUTES WITH

Michael Penney

DECORATOR AND STYLIST

MOVE OVER, MILK PAINT—there's a new player on the upcycling scene, and it's changing the way tastemakers like Michael Penney (michaelpenneystyle.com) revamp their treasures. Designed specifically for use on furniture, Fusion mineral paint is ideally suited for creating distressed looks and makes quick work of updates by providing full coverage—often with a single coat. "It has a flat chalky finish that gives furniture a cottagey feeling," says Penney. "It's an easy, inexpensive way to transform anything into an instant heirloom." Before you grab your paintbrush, though, check out what the *Marilyn Denis Show* pro had to say about furniture flipping and secondhand chic. — *Brett Walther*

How can you be sure you're not ruining an antique by painting it?

Most people overestimate the value of their antique pieces, especially those that are handed down through the family. If it's the difference between you actually enjoying a piece of furniture or pitching it because it looks so outdated, go ahead and paint it. Don't worry about whether you're affecting the value, because the true value is in the usefulness of the piece. Plus, it's reversible: If your tastes change, you can strip it or give it another coat of paint.

What's the secret to the perfect distressed finish?

I like painted furniture to look like I didn't paint it—as though that's how I found it at a flea market or a thrift store. Those kinds of pieces are distressed in a very natural way, showing scuffs and imperfections in the places where they would get wear from being used, like the edges or the knobs. That's what I'm going for.

GAME-CHANGER

RECHARGING FURNITURE

There's one design flaw all smartphones share: dependence on a charger that always ends up hopelessly tangled or—worse yet—vanishing without a trace. A powerful new collection from Ikea takes that fussy cord out of the equation by integrating wireless chargers into furniture itself. Simply place your smartphone on the plus sign built into the tabletop (which, in turn, plugs into any wall socket), and your device will begin to recharge!

Selje bedside table with wireless charging, $80, ikea.ca.



PHOTOGRAPHY, TRUDI W. (CUP AND SAUCER)

WHAT'S IT WORTH?

"A friend found a set of eight cups and saucers when clearing out a closet in his parents' home. The bottoms of the cups are marked 'Aynsley, England.'"

— Trudi W., Niagara-on-the-Lake, Ont.



We know roughly how old these are thanks to U.S. President William McKinley; because of his Tariff Act, if you find the words "England," "Germany" or "France" marked on a piece, it can be dated after 1891. If the country name is preceded by the words "Made in," it is probably post-1912 but could be considerably more recent.

Although this charming set from Aynsley China Ltd. would have been a very fashionable wedding present circa 1900, it's not very trendy at the moment and is worth $100 to $150. The cups and saucers are usually found in really good condition, as our grannies only brought them out on special occasions. — *Judith Miller, author of* Miller's Antiques Handbook & Price Guide

PRESENTING A KITCHEN FOR THOSE WHO COOK OUTSIDE THE BOOK

Revolutionary features. Chef-inspired design. Endless potential.
Behold, the first-ever black stainless kitchen.

KitchenAid.ca/New



KitchenAid®

®/™ ©2015 KitchenAid. Used under license in Canada. All rights reserved.

ADVERTISEMENT

STRETCH OUT SUMMER FUN





Long, hot days are made for playing, partying and getting messy. Organizing plans and cleaning up after everyone is enough to give you the summertime blues. One easy solution? Depend on a stretchy, durable paper towel for summer living hacks and as-you-go cleaning.

Dear Viva Brand,

Summer can be totally fun – and totally messy. From weekend brunches to ice cream afternoons to BBQ nights, we've had a blast and made a lot of messes along the way. You helped us own this summer, Viva! Your stretch and durability were the perfect tag team for all our summer messes. We even used you in a pinch to help out with cooking and entertaining. Who knew we'd learn so many great tricks this summer?

A+ job!

Sandra

Summer fun-seeker





THE GRILLING IS EASY

Summer means barbecues—and baked-on gunk. To get it gone, we soaked the grates in warm water, then scrubbed them with a sheet of Viva paper towel. It's strong when wet, so it's the only tool we needed to make our barbecue shine again.

BERRY SIMPLE

U-pick raspberries are our favourite, but they need a wash. Instead of hunting for a colander, we rinse the berries on a taut sheet of Viva paper towel under the tap. Viva® Vantage® V-Flex Weave technology means it's three times more durable when wet versus the leading towel!*



SALAD DAYS

No salad spinner? Wash and tear greens, bundle them in a few sheets of Viva towels, then swing them around to remove excess water. Viva towels are so stretchy, they won't break, and you'll have perfectly dry salads.





PUT STRETCH TO THE TEST ON ALL YOUR MESSES.
STRETCH YOUR SAVINGS AT VIVATOWELS.CA

® Registered Trademark and * Trademark of Kimberly-Clark Worldwide Inc. ©KCWW

FOOD

TEST KITCHEN TIPS, P. 74 | Q&A WITH CHEF LYNN CRAWFORD, P. 82

ON THE MENU

FAST FLAVOUR FOR MONDAY TO FRIDAY p. 77

SAVOURY TARTE TATIN p. 84

PACK-AND-GO LUNCHES p. 87

START WITH TOMATO SAUCE p. 93

RETRO CHILI SAUCE, REVISITED p. 100

EASY CHEESE SAUCE p. 106

THE ULTIMATE

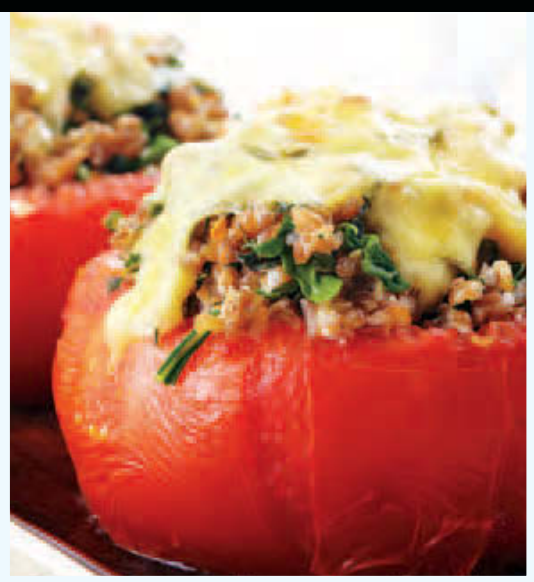
Chocolate Chip Cookies

Our best-in-class take on this classic treat has a buttery flavour, a chewy centre and a subtly crisp exterior. Oh, and you can tweak the recipe to make them crisp or soft, too.

BY AMANDA BARNIER & THE TEST KITCHEN

PHOTOGRAPHY, JAMES TSE. FOOD STYLING, MICHAEL ELLIOTT/JUDYINC.COM. PROP STYLING, JENNIFER EVANS

SOUPS • SALADS • SANDWICHES • BURGERS • PIZZAS • PASTAS • ONE-POT DISHES • SKILLET MEALS • MORE!

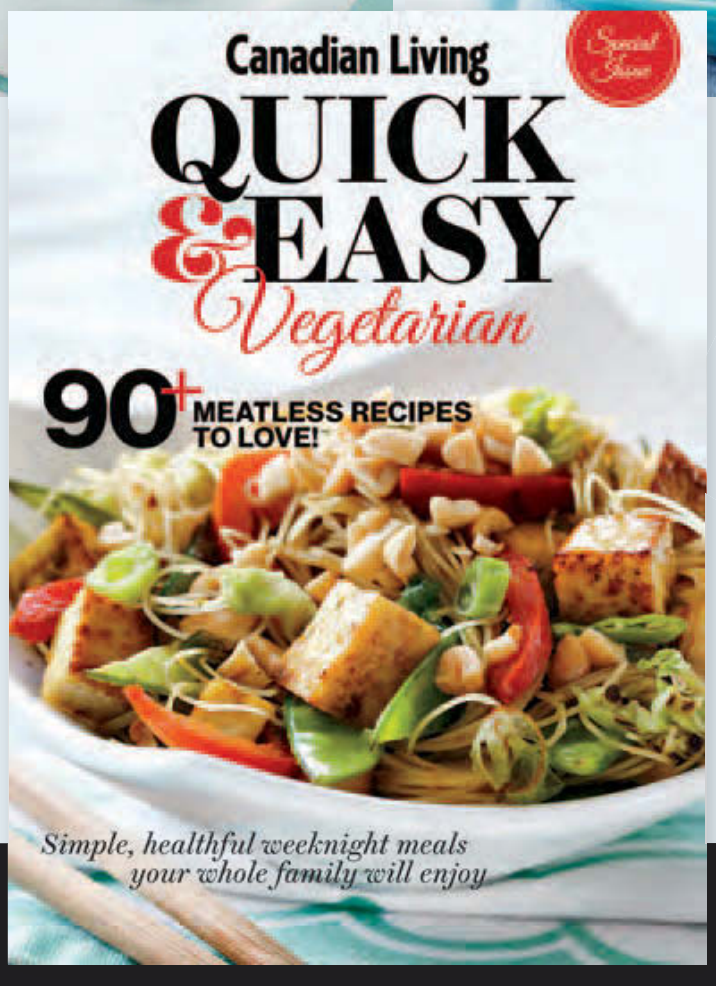












CANADIAN LIVING TESTED TILL PERFECT EST. 1975 TEST KITCHEN

MAKE IT *meatless*

Whether you're a full-time vegetarian or just experimenting with the benefits of eating meat-free, here are more than 90 of our favourite meatless Tested-Till-Perfect recipes.

Available on newsstands or online at
canadianlivingcom/meatless

Canadian Living



THE ULTIMATE CHOCOLATE CHIP COOKIES

Hands-on time: 20 minutes
Total time: 1½ hours
Makes: about 60 cookies

1 cup	butter, softened
1¼ cups	packed brown sugar
¾ cup	granulated sugar
2	eggs
2 tsp	vanilla
3 cups	all-purpose flour
1 tsp	salt
1 tsp	baking powder
¼ tsp	baking soda
3 cups	good-quality semisweet chocolate chips or chunks

In large bowl, beat together butter, brown sugar and granulated sugar. Beat in eggs, 1 at a time; beat in vanilla. In separate bowl, whisk together flour, salt, baking powder and baking soda; stir into butter mixture. Stir in chocolate chips. *(Make-ahead: Shape into disc, wrap in plastic wrap and refrigerate for up to 3 days or freeze in freezer bag for up to 1 month. Bring to room temperature before continuing with recipe.)*

Roll by 2 tbsp into balls. Arrange, 3 inches (8 cm) apart, on parchment paper–lined rimless baking sheets; flatten slightly.

Bake, 1 sheet at a time, in 350°F (180°C) oven until tops are no longer shiny, 13 to 15 minutes. Let cool on pans for 2 minutes; transfer directly to racks to cool completely. *(Make-ahead: Store in airtight container for up to 3 days.)*

PER COOKIE: about 123 cal, 1 g pro, 6 g total fat (4 g sat. fat), 17 g carb (1 g dietary fibre, 12 g sugar), 15 mg chol, 75 mg sodium, 48 mg potassium. % RDI: 1% calcium, 4% iron, 3% vit A, 5% folate. ●

CHANGE IT UP

THE ULTIMATE CRISPY CHOCOLATE CHIP COOKIES

Omit ½ cup of the flour. Arrange dough on baking sheets as directed; flatten to ½-inch (1 cm) thickness. Bake as directed.

CHANGE IT UP

THE ULTIMATE SOFT CHOCOLATE CHIP COOKIES

Prepare dough and arrange on baking sheets as directed (do not flatten). Refrigerate until firm, about 30 minutes. Transfer directly to 350°F (180°C) oven and bake until tops are no longer shiny, about 12 minutes.

TIP FROM THE TEST KITCHEN

Baking sheets vary in thickness and finish, which affect the doneness of cookies. A heavy, shiny uncoated baking sheet will allow the cookies to bake most evenly.

HOW-TO VIDEO

Watch how to make this recipe at canadianliving.com/cookies.



By 2026 = 6 million Canadians

Many people think arthritis is a single disease, but it's not. By 2026, it's estimated that more than 6 million Canadians older than 15 will have arthritis, up from 4 million Canadians today. This is due to an increase in obesity, longer life expectancy and an aging baby boomer population.

arthritis

your 1st defence in oral health

College of Dental Hygienists of Ontario

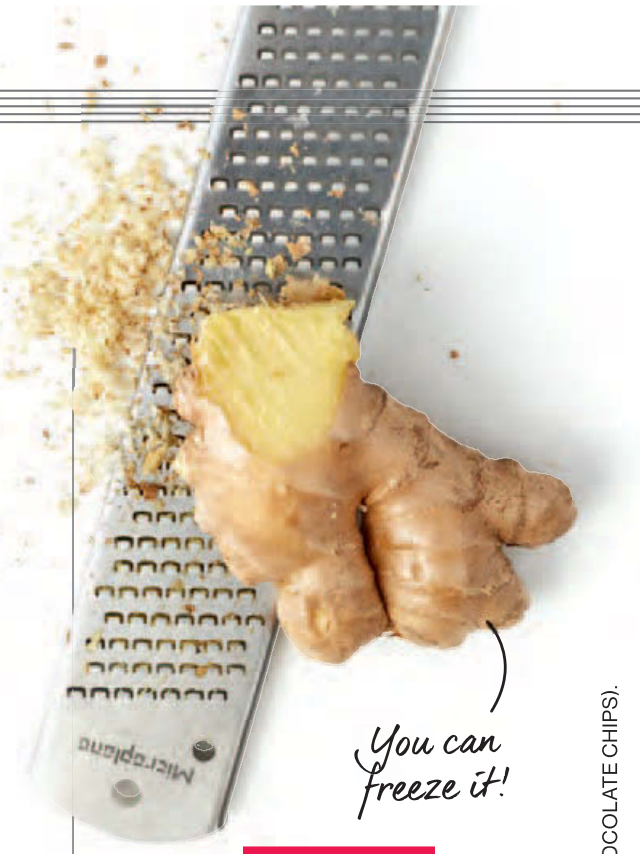
www.cdho.org



BAKING BOON

Stay Level

When opening a new container of baking powder, **cut down the middle of the seal, beneath the lid, and remove only half. The remainder can be used to level off your measuring spoon.** Always purchase baking powder and baking soda in the smallest containers available so you're more likely to finish them before they lose potency.
— Amanda Barnier



TIME-SAVERS

GRATE ON DEMAND

Did you know that fresh ginger freezes well? You don't even have to peel it. **Freeze the whole root** in an airtight container **and grate it while still frozen,** as needed.
— Jennifer Bartoli

"When you're making meringue, take care not to overwhip the egg whites—or the granulated sugar won't incorporate."

— CHEF LYNN CRAWFORD



It was laughs all around when Chef Lynn Crawford visited the Test Kitchen! From left: Food specialist Jennifer Bartoli, senior Food specialist Irene Fong, Food director Annabelle Waugh, Crawford, Food specialist Amanda Barnier and Gilean Watts.

PEACH PERFECT

The type of peach you use makes all the difference when it comes to pitting. Clingstone peaches are just as they sound—clingy—so save them for eating out of hand. Easier-to-pit freestone peaches are much better for preserving, baking and cooking because the stone pops out easily. Both are equally delicious, though.
— Annabelle Waugh



CURRENTLY LOVING

VANILLA BEAN PASTE!

We love adding this thick, sweet syrup to yogurt or whipped cream, or using it as a direct substitute for vanilla extract in our favourite baked treats.



14,976

That's the number of chocolate chips the Test Kitchen used to create The Ultimate Chocolate Chip Cookies (find the recipe on page 73).

TEXT COMPILED BY JENNIFER BARTOLI. PHOTOGRAPHY: JAMES TSE (BAKING POWDER, GINGER, VANILLA BEAN PASTE); DAVID WILE (TEST KITCHEN AND CRAWFORD); GETTY IMAGES (CHOCOLATE CHIPS). STYLING (BAKING POWDER, GINGER, VANILLA BEAN PASTE): DAVID GRENIER (FOOD); LAURA BRANSON (PROPS). HAIR AND MAKEUP, CAITLIN CULLIMORE/M.A.C COSMETICS/JUDYINC.COM



Reduces the look of scars through moisturization. Also relieves pain.
This product may or may not be right for you.
Always read and follow the label. © Johnson & Johnson Inc. 2015

Rubbermaid®

lunch BLOX™





BETTER LUNCH IN A SNAP

©2015 Newell Rubbermaid Inc. All rights reserved.

Quick & Easy

Bored with the same old meat-and-veggies? These creative combos shake up dinner. Bonus: One pot is all you'll need for most.

BY CARA TEGLER & THE TEST KITCHEN



QUICK CHORIZO AND MIXED BEAN STEW

Hands-on time: 15 minutes
Total time: 20 minutes
Makes: 4 servings

Fresh, spicy chorizo sausage is the perfect option when you want a lot of flavour in a little time. Pair this stew with a crusty baguette—you'll want to sop up all of the delicious broth.

1 tsp	olive oil
450 g	fresh chorizo sausage, casings removed
1	onion, thinly sliced
4	cloves garlic, minced
1 tsp	dried thyme
¼ tsp	smoked paprika
¼ tsp	pepper
1	can (540 mL) no-salt-added white kidney beans, drained and rinsed
1	can (540 mL) no-salt-added mixed beans, drained and rinsed
1 cup	sodium-reduced chicken broth
2 cups	packed baby spinach

In large deep skillet, heat oil over medium-high heat; cook chorizo and onion, breaking up chorizo with wooden spoon, until onion begins to soften, about 5 minutes.

Add garlic, thyme, paprika and pepper; cook, stirring, for 1 minute.

Stir in kidney beans, mixed beans, broth and 1 cup water; bring to boil. Reduce heat and simmer until slightly thickened, 8 to 10 minutes. Stir in spinach; cook just until wilted, about 2 minutes.

PER SERVING: about 495 cal, 35 g pro, 17 g total fat (5 g sat. fat), 52 g carb (18 g dietary fibre, 3 g sugar), 64 mg chol, 935 mg sodium, 937 mg potassium. % RDI: 24% calcium, 41% iron, 16% vit A, 7% vit C, 32% folate.

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, DAVID GRENIER. PROP STYLING, CATHERINE DOHERTY

GLUTEN-FREE DAIRY-FREE NUT-FREE VEGETARIAN

HOISIN-GLAZED CHICKEN WITH FIVE-SPICE BROTH

Hands-on time: 20 minutes
Total time: 30 minutes
Makes: 4 servings

Reminiscent of Vietnamese pho, this noodle soup starts with a flavourful broth that takes a fraction of the usual time to prepare. Serve with lime wedges and Asian chili sauce on the side.

2 tsp	vegetable oil
450 g	boneless skinless chicken breasts
4 tsp	hoisin sauce
170 g	rice stick noodles (¼-inch/5 mm wide)
8	thin slices fresh ginger
2	cloves garlic, thinly sliced
2	whole stems fresh cilantro (with roots)
¼ tsp	five-spice powder
1	pkg (900 mL) sodium-reduced chicken broth
1 tbsp	sodium-reduced soy sauce
6	heads baby Shanghai bok choy, trimmed (root ends attached) and halved
2	green onions, thinly sliced
2 tbsp	chopped fresh cilantro
1 tsp	sesame oil

In large nonstick skillet, heat half of the vegetable oil over medium-high heat; cook chicken, turning once, until browned all over, about 8 minutes.

Transfer chicken to parchment paper–lined baking sheet; brush with hoisin sauce. Roast in 400°F (200°C) oven until no longer pink inside, 12 to 15 minutes. Let cool enough to handle; thinly slice and set aside.

Cook noodles according to package instructions; drain and set aside.

Meanwhile, in large saucepan, heat remaining vegetable oil over medium heat; cook ginger, garlic, cilantro stems and five-spice powder, stirring, for 1 minute.

Add broth, soy sauce and 2 cups water; bring to boil. Reduce heat and simmer for 5 minutes. Using slotted spoon, discard ginger, garlic and cilantro stems. Stir in bok choy; simmer until softened, 2 to 4 minutes.

To serve, divide noodles, bok choy, broth mixture and chicken among 4 bowls. Sprinkle with green onions and chopped cilantro; drizzle with sesame oil.

PER SERVING: about 357 cal, 32 g pro, 6 g total fat (1 g sat. fat), 42 g carb (3 g dietary fibre, 4 g sugar), 66 mg chol, 948 mg sodium, 814 mg potassium. % RDI: 13% calcium, 16% iron, 52% vit A, 57% vit C, 29% folate.





GINGER MISO STEAK SALAD

Hands-on time: 15 minutes
Total time: 20 minutes
Makes: 4 servings

This fresh steak salad is bursting with the bright flavours of ginger and miso. Garnish with extra cilantro for a citrusy, herbal hit of flavour.

450 g	beef flank marinating steak
¼ tsp	each salt and pepper
2 tsp	vegetable oil
2 tsp	butter
2 tbsp	chopped fresh cilantro
2 tbsp	unseasoned rice vinegar
2 tbsp	white miso paste
1 tbsp	grated fresh ginger
1 tbsp	olive oil
1	clove garlic, minced
½ tsp	chili garlic paste
2	heads Boston lettuce, torn
1	sweet yellow or red pepper, thinly sliced
half	English cucumber, halved lengthwise and sliced crosswise

Rub steak all over with salt and pepper. In cast-iron or heavy-bottomed skillet, heat vegetable oil and butter over medium-high heat; cook steak, turning once, until medium-rare, 8 to 10 minutes. Remove to cutting board; let rest for 5 minutes. Thinly slice across the grain.

While steak is resting, in bowl, whisk together cilantro, vinegar, miso paste, ginger, olive oil, garlic, chili garlic paste and 3 tbsp water.

In large bowl, toss together lettuce, yellow pepper, cucumber and half of the dressing. Divide lettuce mixture and steak among 4 plates; drizzle with remaining dressing.

PER SERVING: about 303 cal, 28 g pro, 17 g total fat (6 g sat. fat), 9 g carb (2 g dietary fibre, 3 g sugar), 50 mg chol, 561 mg sodium, 732 mg potassium. % RDI: 5% calcium, 26% iron, 31% vit A, 100% vit C, 35% folate.



TOMATO AND FENNEL POACHED TILAPIA

Hands-on time: 30 minutes
Total time: 30 minutes
Makes: 4 servings

Fennel's mild licorice flavour goes especially well with this combination of tomato and mild white fish. Reserve the delicate fennel fronds for a pretty garnish.

1	bulb fennel
1 tbsp	olive oil
1	onion, thinly sliced
1 tsp	fennel seeds, crushed
pinch	hot pepper flakes
1	bottle (680 mL) strained tomatoes (passata)
450 g	tilapia fillets (about 2), quartered
½ tsp	salt
¼ tsp	pepper
1 cup	whole wheat couscous
1¼ cups	boiling water
1 tbsp	chopped fresh tarragon

Trim fennel, reserving fronds. Quarter fennel lengthwise; remove core. Thinly slice fennel lengthwise.

In large skillet, heat oil over medium heat; cook sliced fennel, onion, fennel seeds and hot pepper flakes, stirring, until fennel is softened, about 10 minutes.

Stir in strained tomatoes and ¼ cup water; bring to boil. Reduce heat and simmer for 5 minutes.

Sprinkle tilapia with salt and pepper; add to fennel mixture. Cover and cook over medium-low heat until fish flakes easily when tested, about 8 minutes.

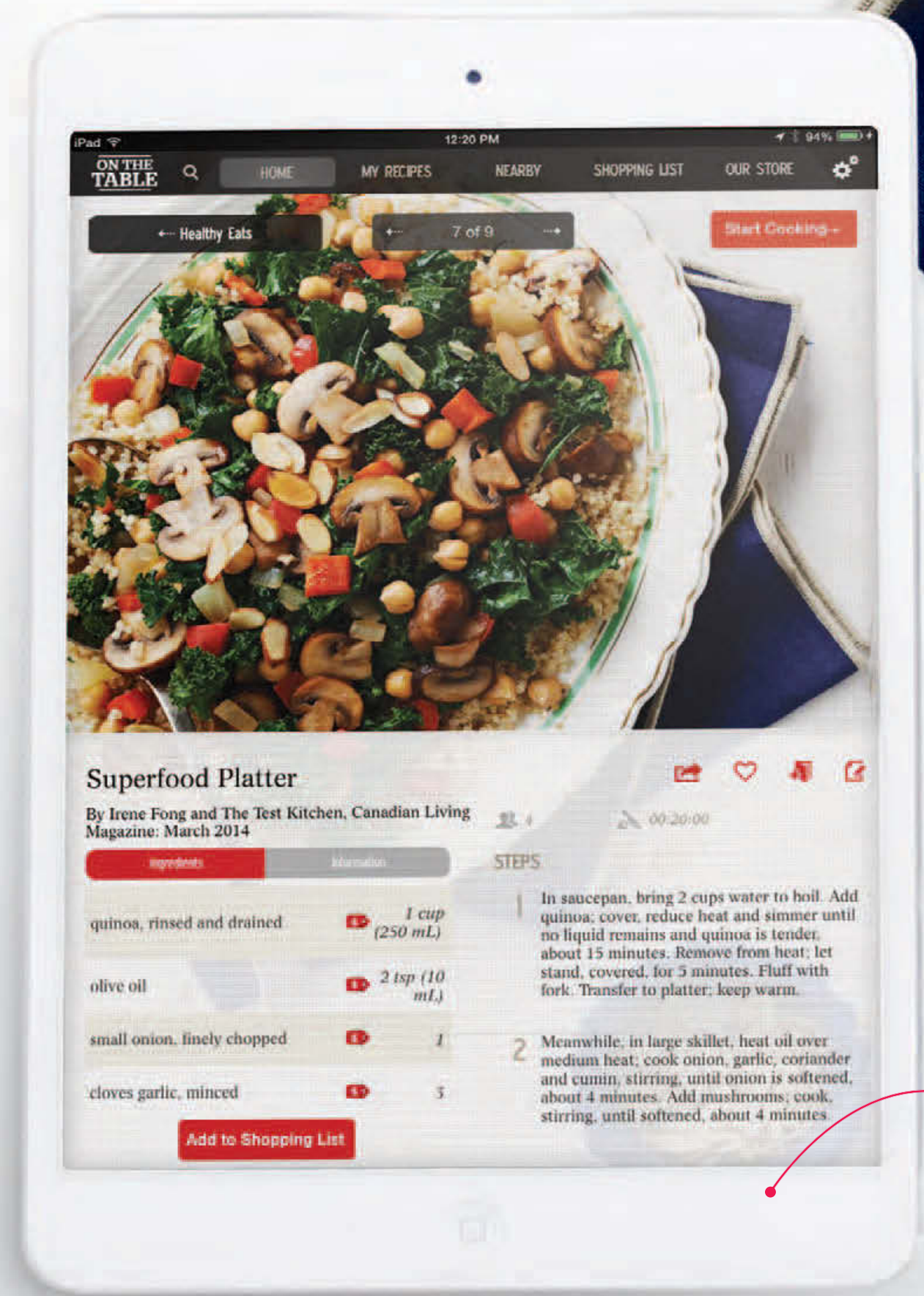
Meanwhile, add couscous to heatproof bowl; pour in boiling water. Cover and let stand until no liquid remains, about 10 minutes. Fluff with fork. Serve topped with tilapia and sauce. Garnish with tarragon and reserved fennel fronds.

PER SERVING: about 388 cal, 31 g pro, 7 g total fat (1 g sat. fat), 52 g carb (8 g dietary fibre, 9 g sugar), 57 mg chol, 721 mg sodium, 1,044 mg potassium. % RDI: 8% calcium, 42% iron, 1% vit A, 17% vit C, 25% folate. ●

HOW-TO VIDEO **Learn our trick to cutting fennel at canadianliving.com/fennel.**

Upgrade Your Cooking Options

Get 99 FREE Tested-Till-Perfect recipes from *Canadian Living*'s On the Table app!



Need fewer or more servings?
The app recalculates ingredient measurements for you!

Download on the App Store

CANADIAN LIVING
ON THE TABLE
SEARCH · SAVE · SAVOUR

Apple, the Apple logo, and iPad, are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

CELEBRATING FORTY YEARS
40th ANNIVERSARY
OF CANADIAN LIVING

Yes, Chef!

This month's guest editor, Chef Lynn Crawford, answered Food director Annabelle Waugh's questions about why she's so passionate about food—and how you can become a better cook on your own terms.



You have more than 25 years of experience cooking professionally. You're in one of the most physically gruelling careers out there, and yet, you seem to have more energy than ever. How?
For me, it's the genuine love of cooking and learning and honouring the seasons and giving my guests the very best experience. I love it so much! Although, I honestly can't think of anything I'd love to do more than hang out with your team [*laughs*]. Having worked at the Four Seasons Hotels and Resorts—that's seven days a week, 24 hours a day. That's every holiday. Christmas is on the 25th. Well, guess what? You'll celebrate Christmas a couple of days before or a couple of days after. You become accustomed to the lifestyle. At any point, I could have said, "This isn't what I want to do," but it is what I want to do.

You've talked about the relationship between farmers and chefs. Why do you feel it's important to be connected to the source of your food?
It's the farmers who give us the great ingredients to cook with. You can be sure that your farmers are using sustainable practices, and know that when you cook with their produce, you're supporting a community. I've had the honour and privilege of working with so many amazing farmers across the country. They're not recognized as being the stars and they're very humble; people just don't know how dedicated and passionate our Canadian farmers are, and it's really important to honour them. Go to your local farmers' markets—to shop in season is amazing. Produce that's in season tastes so much better and, instantly, you're going to notice the difference. You know what else? Using the best ingredients will make you a better cook, no matter what your skill level is.

Chefs are trained to be meticulous in the kitchen, because the last thing you want to do is send a paying customer home with a tummyache! What's an important food-handling tip for home cooks?
Sanitize your workstation [countertops, cutting boards]; make sure you wash your hands before any food preparation. For foods that are meant to be served cold, like devilled eggs, keep them in the fridge until you're ready to serve them.

Many people get intimidated by recipes and, as a result, don't cook for themselves as often as they might. What advice can you offer to get people cooking more often and trying new things?
If at first you don't succeed, try, try again. I would encourage people to stay within a repertoire of recipes that they can execute, get those positive results that are maybe at a beginner level, then gradually step up. Read a recipe through from start to finish. Understand each part of the steps. People think, Oh, I'm going to cut up the pepper, then I'm going to get my pan. And oh, the garlic! Prepare all of your ingredients first. There's so much good reading out there. Pick up *Canadian Living* every month, for crying out loud! ●

HOW-TO VIDEO

Chef Lynn and Annabelle mixed a refreshing cocktail in the Test Kitchen. Watch the video at canadianliving.com/cocktail.

PHOTOGRAPHY, DAVID WILE. HAIR AND MAKEUP, CAITLIN CULLIMORE/M.A.C COSMETICS/JUDYINC.COM



Canadian dairy farmers work hard to produce milk of the highest quality — which is what you'll be getting every time you buy dairy products made from 100% Canadian Milk.

Learn more at canadianmilk.ca

LOOK FOR

100% CANADIAN MILK™

Circle Back

Tarte tatin is a classic French dessert. We've reimagined it as a savoury starter, rich with cheese and the tang of Dijon mustard.

BY JENNIFER BARTOLI & THE TEST KITCHEN

ON THE COVER

SWEET POTATO AND TWO-CHEESE TARTE TATIN

Hands-on time: 15 minutes
Total time: 1¼ hours
Makes: 8 servings

Guests will never know how simple this elegant appetizer is to make! The secret is our shortcut ingredient: prepared puff pastry. For the prettiest presentation, use sweet potatoes that are even in width.

600 g	sweet potatoes (about 2), peeled and sliced in generous ¼-inch (5 mm) rounds
2 tsp	olive oil
¼ tsp	each salt and pepper
⅓ cup	granulated sugar
2 tsp	balsamic vinegar
6	fresh sage leaves, chopped
2 tsp	chopped fresh thyme
¾ cup	shredded Gruyère cheese
30 g	soft goat cheese (chèvre), crumbled
1	sheet (half 450 g pkg) frozen butter puff pastry, thawed
4 tsp	Dijon mustard

In bowl, drizzle sweet potatoes with oil. Sprinkle with salt and pepper; toss to coat. Arrange in single layer on parchment paper–lined rimmed baking sheet. Bake in 400°F (200°C) oven until tender, about 25 minutes. Let cool slightly. *(Make-ahead: Cover and refrigerate for up to 24 hours.)*

While sweet potatoes are cooling, in tall saucepan, cook sugar and 2 tbsp water over medium heat, swirling pan occasionally, until sugar is dissolved and mixture bubbles and becomes light amber, about 7 minutes. Remove from heat. Standing back and averting face, stir in vinegar and 1 tsp water. Immediately pour into lightly greased 9-inch (2.5 L) square cake pan, swirling to coat.

Arrange sweet potatoes in rows over top of sugar mixture, overlapping slightly (do not touch hot sugar mixture). Sprinkle with sage, thyme and Gruyère; dot with goat cheese.

Gently unroll puff pastry; brush 1 side with mustard. Place over sweet potatoes, mustard side down, tucking edges between pan and sweet potatoes. Cut 4 steam vents in centre of pastry.

Bake on rimmed baking sheet in 400°F (200°C) oven until crust is golden, about 35 minutes. Wearing oven mitts, carefully invert onto heatproof platter. Let cool for 5 minutes before serving.

PER SERVING: about 270 cal, 8 g pro, 14 g total fat (6 g sat. fat), 32 g carb (3 g dietary fibre, 14 g sugar), 24 mg chol, 260 mg sodium, 179 mg potassium. % RDI: 12% calcium, 9% iron, 119% vit A, 15% vit C, 3% folate. ●

HOW-TO VIDEO

Learn our mess-free trick to crumbling cheese at canadianliving.com/cheese.



TIP FROM THE TEST KITCHEN

If your sugar mixture pools in the cake pan, use the sweet potatoes to carefully push it into the uncovered spots as you're layering them in, but be sure not to touch the syrup with your fingers (it's *very* hot!).



PHOTOGRAPHY, JAMES TSE. FOOD STYLING, MICHAEL ELLIOTT/JUDYTIK.COM. PROP STYLING, JENNIFER EVANS

Garnish with your choice of greens.

Canadian Living

EXCLUSIVE CONTEST

ENTER TO WIN! You and a guest could live like a local on the

Amalfi Coast

WITH **G ADVENTURES**



Get cozy at an *agriturismo* on the Amalfi Coast, hike the famous "Walk of the Gods," learn about the fate of Pompeii from an expert guide, explore chic resort towns and historic villages and savour delicious home-cooked Italian food made from local ingredients!



7-DAY TRIP VALUED AT OVER $6,500

Grand prize includes:

- Round-trip airfare for two
- Guided tour of Pompeii
- Visits to Amalfi, Ravello and Sorrento
- Transportation between destinations and included activities
- Cooking experiences at an *agriturismo*
- Limoncello- and mozzarella-making demonstrations
- Orientation walk in Naples
- And more!

INSET PHOTOGRAPHY COURTESY OF G ADVENTURES

ENTER NOW! **canadianliving.com/amalfi**

No purchase necessary. Contest starts Aug. 3, 2015, and ends Sept. 7, 2015. Contest is open to all legal residents of Canada, 19 years of age or older. There is one (1) grand prize available to be won. Total estimated value is $6,500 CDN. Prize value depends on winner's location and distance they travel to fulfil prize. Winner and guest must travel on same itinerary and have valid travel documents before they can be declared the winner. Winner must book by Dec. 31, 2015, travel by Dec. 31, 2016, and select a departure with four confirmed travellers. Odds of winning depend on number of eligible entries received. Visit canadianliving.com/amalfi for complete contest rules. Prize subject to change.

adventures™
the great adventure people

LUNCH IS ON US!

Transform everyday leftovers into satisfying lunches that take no more than 10 minutes out of your day.

BY JENNIFER BARTOLI & THE TEST KITCHEN



This restaurant-style salad starts with last night's chicken!

Chicken and Peach Cobb Salad, p. 88

TESTED TILL PERFECT

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, CHRISTOPHER ST. ONGE. PROP STYLING, SASHA SEYMOUR

Quinoa will help keep you full till dinnertime.



CHICKEN AND PEACH COBB SALAD

Hands-on time: 10 minutes
Total time: 10 minutes
Makes: 2 servings

Whether grilled, pan-fried or roasted, leftover chicken makes a fantastic, protein-rich salad starter. Fresh peaches add a nice touch of sweetness to this dish, but you can omit them if they aren't in season.

4 tsp	extra-virgin olive oil
1 tbsp	lemon juice
1 tsp	Dijon mustard
¼ tsp	each salt and pepper
4 cups	lightly packed torn Boston lettuce
2 cups	sliced grilled or roasted boneless skinless chicken breast
1	peach or nectarine, pitted and cut in wedges
half	avocado, peeled, pitted and sliced
¼ cup	crumbled blue cheese
2 tbsp	sliced natural (skin-on) almonds, toasted

In small bowl, whisk together oil, lemon juice, mustard, salt and pepper. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)*

In separate bowl, combine lettuce, chicken, peach, avocado, blue cheese and almonds. *(Make-ahead: Refrigerate in airtight container for up to 4 hours.)* Add dressing; toss to coat.

PER SERVING: about 410 cal, 33 g pro, 26 g total fat (6 g sat. fat), 15 g carb (6 g dietary fibre, 8 g sugar), 77 mg chol, 618 mg sodium, 861 mg potassium. % RDI: 13% calcium, 14% iron, 22% vit A, 20% vit C, 36% folate.

TIP FROM THE TEST KITCHEN If you're making the salad ahead of time, generously brush the sliced avocado with lemon juice to prevent it from browning.

HALLOUMI AND QUINOA SALAD WITH SUMAC-LIME DRESSING

Hands-on time: 10 minutes
Total time: 20 minutes
Makes: 2 servings

Sumac, a fragrant and tangy Middle Eastern spice, adds tons of flavour to the simple dressing in this salad. If you can't find it on store shelves, substitute with sweet paprika. Also, feta makes a suitable stand-in for firm, salty halloumi. To enjoy this salad on the go, pack the dressing in a separate airtight container. Right before eating, drizzle the dressing over the salad, reseal the container and shake to coat.

Sumac-Lime Dressing:

3 tbsp	extra-virgin olive oil
2 tbsp	lime juice
1 tsp	ground sumac
½ tsp	liquid honey
pinch	each salt and pepper
1	clove garlic, smashed

Quinoa Salad:

3 cups	lightly packed baby spinach
1½ cups	cold cooked quinoa
2	plum tomatoes, chopped
⅓ cup	cubed halloumi cheese
16	mint leaves, torn

Sumac-Lime Dressing: In small bowl, whisk together oil, lime juice, sumac, honey, salt and pepper; stir in garlic. Let stand until fragrant, about 15 minutes; discard garlic. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)*

Quinoa Salad: Meanwhile, in separate bowl, combine spinach, quinoa, tomatoes, halloumi and mint. *(Make-ahead: Layer in airtight container and refrigerate for up to 6 hours.)* Add dressing; toss to coat.

PER SERVING: about 431 cal, 12 g pro, 30 g total fat (8 g sat. fat), 31 g carb (5 g dietary fibre, 6 g sugar), 27 mg chol, 419 mg sodium, 655 mg potassium. % RDI: 20% calcium, 24% iron, 51% vit A, 42% vit C, 59% folate.

TIP FROM THE TEST KITCHEN Freeze cooled cooked quinoa in freezer-safe bags for up to one month and thaw it in portions as needed.

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, CHRISTOPHER ST. ONGE. PROP STYLING, SASHA SEYMOUR



CRUNCHY PEANUT AND VEGGIE NOODLE SALAD

Hands-on time: 10 minutes
Total time: 10 minutes
Makes: 2 servings

Pasta soaks up this tasty peanut sauce, so don't worry if it looks watery; it will thicken as it sits. If you're taking your salad to go, stir in a couple of teaspoons of hot water to thin out the sauce right before you dig in.

3 tbsp	smooth peanut butter
4 tsp	rice vinegar
1 tbsp	sodium-reduced soy sauce
2 tsp	sesame oil
⅓ cup	hot water
2 cups	cooked linguine or other long pasta
1 cup	frozen peas, cooked and cooled
2	green onions, thinly sliced
1 cup	grated zucchini (peel-on)
1 cup	matchstick-cut carrots
2 tbsp	roasted salted peanuts, chopped

In large bowl, whisk together peanut butter, vinegar, soy sauce and sesame oil; gradually whisk in hot water until smooth. Add pasta, peas, green onions, zucchini and carrots; toss to coat. *(Make-ahead: Refrigerate in airtight container for up to 6 hours; stir in hot water, ½ tsp at a time, until sauce reaches desired consistency.)* Sprinkle with peanuts.

PER SERVING: about 518 cal, 21 g pro, 24 g total fat (4 g sat. fat), 60 g carb (8 g dietary fibre, 10 g sugar), 0 mg chol, 694 mg sodium, 671 mg potassium. % RDI: 7% calcium, 27% iron, 81% vit A, 33% vit C, 95% folate.

TIP FROM THE TEST KITCHEN Toss leftover cooked pasta with vegetable oil before storing it in the fridge. That way, the noodles won't stick together.



HOW-TO VIDEO **Learn how to cook perfectly tender-crisp broccoli at canadianliving.com/broccoli.**

MARINATED WHITE BEAN AND VEGETABLE SALAD

Hands-on time: 10 minutes
Total time: 20 minutes
Makes: 2 servings

Leftover beans and jarred red peppers allow this salad to come together in a matter of minutes. To customize this recipe throughout the week, add leftover grilled or roasted veggies such as mushrooms, onions and eggplant, depending on what you have on hand. Just be sure to add any green vegetables at the last minute to preserve their colour.

2 cups	broccoli florets (about half large head)
4 tsp	extra-virgin olive oil
2 tsp	lemon juice
1 tsp	dried oregano
1	small clove garlic, finely grated or pressed
pinch	each salt and pepper
1 cup	canned white kidney beans, drained and rinsed
3	jarred roasted red peppers, drained and thinly sliced
⅓ cup	chopped fresh parsley
¼ cup	crumbled feta cheese

In large saucepan of boiling salted water, cook broccoli until tender-crisp, about 1 minute. Using slotted spoon, transfer to bowl of ice water to chill; drain and pat dry. *(Make-ahead: Refrigerate in airtight container for up to 24 hours.)*

While broccoli is chilling, in large bowl, whisk together oil, lemon juice, oregano, garlic, salt and pepper. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)* Add beans, red peppers, parsley and feta; toss to coat. Let stand for 10 minutes. *(Make-ahead: Refrigerate in airtight container for up to 6 hours.)* Stir in broccoli.

PER SERVING: about 275 cal, 13 g pro, 15 g total fat (5 g sat. fat), 26 g carb (9 g dietary fibre, 6 g sugar), 20 mg chol, 756 mg sodium, 584 mg potassium. % RDI: 20% calcium, 22% iron, 42% vit A, 190% vit C, 37% folate.

TIP FROM THE TEST KITCHEN Switch things up by using red kidney beans or black beans instead of white, if that's what you have in your pantry.

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, CHRISTOPHER ST. ONGE. PROP STYLING, SASHA SEYMOUR



BROWN RICE AND BABY KALE SALAD WITH CURRY DRESSING

Hands-on time: 10 minutes
Total time: 10 minutes
Makes: 2 servings

Breathe new life into leftover brown rice by transforming it into a cold lunch salad. This one gets a boost of flavour from a quick dressing that's savoury, spicy and sweet. For a hit of protein, add leftover salmon or shrimp.

Curry Dressing:

4 tsp	extra-virgin olive oil
1 tbsp	lemon juice
¾ tsp	curry powder
½ tsp	liquid honey
pinch	each salt and pepper

Brown Rice Salad:

2 cups	lightly packed baby kale
1½ cups	cold cooked brown rice
½ cup	canned green lentils, drained and rinsed
½ cup	grated carrot
2 tbsp	dried currants

Curry Dressing: In small bowl, whisk together oil, lemon juice, curry powder, honey, salt and pepper. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)*

Brown Rice Salad: In separate bowl, combine kale, rice, lentils, carrot and currants. *(Make-ahead: Refrigerate in airtight container for up to 6 hours.)* Add dressing; toss to coat.

PER SERVING: about 351 cal, 9 g pro, 11 g total fat (2 g sat. fat), 57 g carb (6 g dietary fibre, 11 g sugar), 0 mg chol, 144 mg sodium, 525 mg potassium. % RDI: 7% calcium, 23% iron, 71% vit A, 58% vit C, 45% folate. ●

TIP FROM THE TEST KITCHEN To store leftover brown rice, refrigerate it in an airtight container for up to two days.

START WITH CRACKER BARREL • END WITH AMAZING

SLICES

from



The low water content in plum tomatoes makes for a thick, hearty sauce.

TESTED TILL PERFECT

Endless OPTIONS

There's no recipe more versatile than bright, luscious tomato sauce. Made with fresh-from-the-vine tomatoes, our endlessly adaptable version makes a flavourful jumping-off point for each of these dishes.

BY AMANDA BARNIER & THE TEST KITCHEN

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, CHRISTOPHER ST. ONGE. PROP STYLING, SASHA SEYMOUR

Fresh Tomato Sauce, p. 94



HERBED CREAM OF TOMATO SOUP p. 94

+



TOMATO-COCONUT SHRIMP CURRY p. 95

+



EGGS POACHED IN TOMATO AND FENNEL SAUCE p. 96

+



SMOKY PORK BOLOGNESE SAUCE p. 98



FRESH TOMATO SAUCE

Hands-on time: 30 minutes
Total time: 2 hours
Makes: about 11 cups

Peeling and seeding tomatoes may take time, but fresh homemade tomato sauce is worth the effort. Firm, ripe plum tomatoes are the best choice for this sauce, and if you grow them in your garden, even better!

4 kg	plum tomatoes (about 40)
2	onions, chopped
½ cup	olive oil
3	cloves garlic, minced
1	can (156 mL) tomato paste
1¼ tsp	salt
½ tsp	pepper

Score an X in bottom of each tomato. In large saucepan of boiling water, cook tomatoes until skins begin to loosen, about 1 minute. Using slotted spoon, transfer to bowl of ice water and chill for 20 seconds; drain.

Working over fine-mesh sieve set over bowl, peel off tomato skins; discard. Core tomatoes and remove seeds to sieve; press seeds to extract juices, reserving 3 cups. Set juices aside. Discard seeds and cores.

In food processor, purée tomato flesh, in batches, until smooth. (Purée should yield approximately 10 cups.) Scrape into bowl. Set aside.

In food processor, purée onions until smooth.

In large Dutch oven or heavy-bottomed saucepan, heat oil over medium heat; cook onions, stirring occasionally, until golden and liquid has evaporated, about 12 minutes. Stir in garlic; cook, stirring, until fragrant, about 1 minute. Stir in tomato purée, reserved tomato juice, tomato paste, salt and pepper. Bring to boil; reduce heat and simmer, uncovered, stirring occasionally, until sauce has reduced to about 11 cups, about 1½ hours. *(Make-ahead: Let cool; refrigerate in airtight container for up to 1 week or freeze for up to 2 months.)*

PER ½ CUP: about 80 cal, 2 g pro, 5 g total fat (1 g sat. fat), 8 g carb (2 g dietary fibre, 5 g sugar), 0 mg chol, 146 mg sodium, 429 mg potassium. % RDI: 2% calcium, 5% iron, 12% vit A, 32% vit C, 8% folate.

CHANGE IT UP

PRESSURE COOKER FRESH TOMATO SAUCE

Follow first 4 paragraphs as directed. In pressure cooker, heat oil over medium heat; cook onions and garlic as directed. Stir in tomato purée, 2 cups of the reserved tomato juice, the tomato paste, salt and pepper. (Reserve remaining tomato juice for another use.) Secure lid; bring to high pressure over high heat. Reduce heat while maintaining high pressure; cook for 20 minutes. Remove from heat; let pressure release completely, about 2 minutes.

HERBED CREAM OF TOMATO SOUP

Hands-on time: 25 minutes
Total time: 25 minutes
Makes: 4 servings

If tomato soup is your favourite comfort food, you'll love this creamy homemade version. The rich texture and slightly acidic, herbaceous flavour far surpass anything you'd find in a can. Bonus: It's easy to make, especially if you have prepared tomato sauce on hand.

1 tbsp	olive oil
1	shallot, diced
2	cloves garlic, minced
2 cups	Fresh Tomato Sauce (see recipe, left) or good-quality plain tomato sauce
2 cups	sodium-reduced vegetable broth or chicken broth
¼ cup	tomato paste
½ cup	whipping cream (35%)
½ tsp	granulated sugar
¼ tsp	each salt and pepper
1 tbsp	each chopped fresh basil and fresh tarragon

In saucepan, heat oil over medium heat; cook shallot, stirring occasionally, until soft, about 5 minutes. Stir in garlic; cook until fragrant, about 1 minute. Stir in tomato sauce, broth and tomato paste. Bring to boil; reduce heat and simmer, stirring occasionally, until thickened, about 15 minutes. Stir in cream, sugar, salt and pepper. Sprinkle with basil and tarragon.

PER SERVING: about 238 cal, 4 g pro, 19 g total fat (8 g sat. fat), 16 g carb (3 g dietary fibre, 8 g sugar), 38 mg chol, 596 mg sodium, 695 mg potassium. % RDI: 6% calcium, 11% iron, 28% vit A, 42% vit C, 10% folate.



TOMATO-COCONUT SHRIMP CURRY

Hands-on time: 25 minutes
Total time: 25 minutes
Makes: 4 servings

Tomato sauce makes a tasty base for curries, and this Thai-inspired shrimp dish is no exception. Enhanced by fresh ginger and dried spices, it's wonderfully aromatic—your kitchen will smell amazing! Serve with a wedge of lime, if desired.

1 tbsp	vegetable oil
1	sweet onion, sliced
1	sweet yellow pepper, sliced
2 tbsp	grated fresh ginger
2	cloves garlic, minced
2 tsp	turmeric
1 tsp	each yellow mustard seeds, garam masala and chili powder
2 cups	Fresh Tomato Sauce (see recipe, left) or good-quality plain tomato sauce
1	can (398 mL) coconut milk
½ tsp	granulated sugar
¼ tsp	salt
450 g	jumbo shrimp (21 to 24 count), peeled and deveined
½ cup	frozen peas
¼ cup	chopped fresh cilantro

In saucepan, heat oil over medium heat; cook onion, stirring occasionally, until softened, about 5 minutes. Add yellow pepper; cook, stirring occasionally, until tender-crisp, about 5 minutes. Stir in ginger, garlic, turmeric, mustard seeds, garam masala and chili powder; cook, stirring constantly, until fragrant, about 2 minutes.

Stir in tomato sauce, coconut milk, sugar and salt; simmer, stirring occasionally, until slightly thickened, about 5 minutes. Stir in shrimp and peas; simmer until shrimp is pink and opaque throughout, about 4 minutes. Sprinkle with cilantro.

PER SERVING: about 484 cal, 27 g pro, 32 g total fat (19 g sat. fat), 28 g carb (6 g dietary fibre, 14 g sugar), 158 mg chol, 485 mg sodium, 1,144 mg potassium. % RDI: 12% calcium, 56% iron, 24% vit A, 147% vit C, 35% folate.



EGGS POACHED IN TOMATO AND FENNEL SAUCE

Hands-on time: 20 minutes
Total time: 30 minutes
Makes: 4 servings

Also known as "eggs in purgatory," tomato-poached eggs make a delicious meal any time of day. Serve with crusty baguette slices and top with a little shredded Parmesan cheese, if you like.

2 tsp	olive oil
1	small bulb fennel, trimmed, cored and thinly sliced
2	green onions, sliced (white and light green parts separated)
2 cups	Fresh Tomato Sauce (see recipe, page 94) or good-quality plain tomato sauce
1 tsp	sherry vinegar or red wine vinegar
½ tsp	granulated sugar
4	eggs
pinch	each salt and pepper

In large skillet, heat oil over medium heat; cook fennel and ½ cup water, stirring occasionally, until fennel is softened and water has evaporated, about 15 minutes. Add white parts of green onions; cook, stirring, until fragrant, about 1 minute.

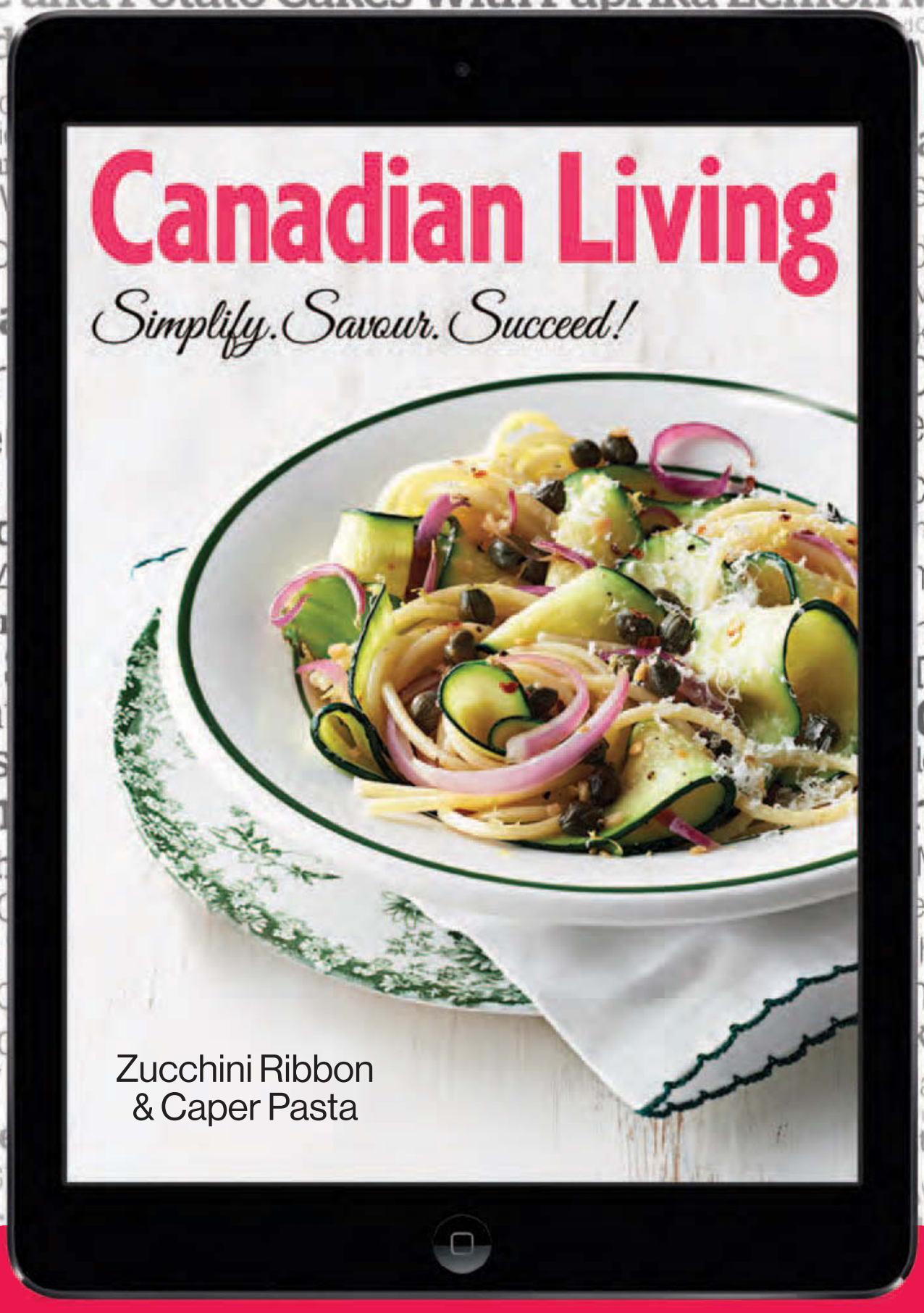
Stir in tomato sauce, vinegar and sugar. Bring to boil; reduce heat to simmer.

Using back of spoon, make 4 wells in sauce; gently break 1 egg into each. Sprinkle with salt and pepper. Simmer, partially covered, until egg whites are set yet yolks are still slightly runny, about 9 minutes. Sprinkle with green parts of green onions.

PER SERVING: about 201 cal, 9 g pro, 13 g total fat (3 g sat. fat), 14 g carb (4 g dietary fibre, 9 g sugar), 193 mg chol, 247 mg sodium, 775 mg potassium. % RDI: 7% calcium, 14% iron, 24% vit A, 45% vit C, 28% folate.

TIP FROM THE TEST KITCHEN To avoid getting shells in your skillet, crack eggs into a bowl before adding them to the pan.

Relax and escape with our interactive magazine



AVAILABLE NOW!

Download on the App Store

Apple, the Apple logo and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

SMOKY PORK BOLOGNESE SAUCE

Hands-on time: 15 minutes
Total time: 1½ hours
Makes: about 7 cups

For many families, a meat sauce is part of a rotating monthly menu. We've added bacon for smokiness and boosted the depth of flavour with a little red wine. This sauce freezes well, making it a great option for weeknight dinners. Simply reheat and serve over the hot cooked pasta of your choice.

450 g	lean ground pork
2	strips bacon, chopped
2	carrots, diced
2	ribs celery, diced
1	onion, diced
3	cloves garlic, minced
4 cups	Fresh Tomato Sauce (see recipe, page 94) or good-quality plain tomato sauce
1 cup	dry red wine
1 tsp	granulated sugar
1 tsp	dried oregano
¼ tsp	hot pepper flakes
1	bay leaf
¼ cup	chopped fresh parsley

In large Dutch oven or heavy-bottomed saucepan, cook pork and bacon over medium-high heat, breaking up pork with spoon, until no longer pink, about 7 minutes. Using slotted spoon, remove to bowl. Set aside. Drain all but 2 tbsp fat from Dutch oven.

Add carrots, celery and onion to Dutch oven; cook over medium heat, stirring occasionally, until softened, about 10 minutes. Add garlic; cook, stirring, until fragrant, about 1 minute.

Stir in pork mixture, tomato sauce, wine, sugar, oregano, hot pepper flakes and bay leaf. Bring to boil; reduce heat, cover and simmer, stirring occasionally, until slightly thickened, about 1 hour. Discard bay leaf. Stir in parsley. *(Make-ahead: Let cool; refrigerate in airtight container for up to 2 days or freeze for up to 2 months.)*

PER ½ CUP: about 135 cal, 8 g pro, 8 g total fat (2 g sat. fat), 8 g carb (2 g dietary fibre, 4 g sugar), 22 mg chol, 148 mg sodium, 433 mg potassium. % RDI: 3% calcium, 7% iron, 27% vit A, 23% vit C, 8% folate. ●

HOW-TO VIDEO

Learn how to chop parsley like a pro at canadianliving.com/parsley.

Rotini and rigatoni pasta hold this hearty sauce well.

L  K

WHO'S **IN THE CLUB** NOW



Naturally Flavoured Club Soda with a HINT of Lemon and Lime.
Refreshingly Unsweetened and Low Sodium.
Join the Club!

*Trademark of Canada Dry Mott's Inc.

CELEBRATING FORTY YEARS 40th ANNIVERSARY of CANADIAN LIVING

SUMMER in a jar



TESTED TILL PERFECT

HOW-TO VIDEO

Learn how to easily peel tomatoes at canadianliving.com/peeltomatoes.

Preserve the flavour and ripeness of late-summer tomatoes in this sweet-and-spicy chili sauce that can be enjoyed for months to come.

BY THE TEST KITCHEN



This recipe first appeared in our November 1990 issue.

CLASSIC CHILI SAUCE

Hands-on time: 1½ hours
Total time: 25¾ hours
Makes: about 6 cups

Our retro version of this chili sauce, which first appeared in our November 1990 issue, called for canned tomatoes; here, we've used fresh instead for an intensified taste. To strike the perfect balance between sweet and spicy, you may want to add more sugar, depending on how sweet the tomatoes are.

8 cups	chopped peeled tomatoes (about 1.5 kg)
1½ cups	chopped onions
1½ cups	chopped sweet red peppers
1½ cups	white vinegar
1 cup	chopped sweet green peppers
1 cup	chopped celery
¾ cup	granulated sugar (approx)
1 tbsp	finely chopped red finger chili pepper
1	clove garlic, minced
1 tsp	salt
1 tsp	mustard seeds
½ tsp	each celery seeds, ground cloves and cinnamon
¼ tsp	each ground ginger and pepper
pinch	cayenne pepper (approx)

In large heavy-bottomed saucepan, combine tomatoes, onions, red peppers, vinegar, green peppers, celery, sugar, chili pepper, garlic, salt, mustard seeds, celery seeds, cloves, cinnamon, ginger, pepper and cayenne pepper. Bring to boil, stirring often; reduce heat and simmer briskly, stirring often, until thickened, saucy and mixture is reduced to just over 6 cups, about 1 hour. Add up to ¼ cup more sugar and increase cayenne pepper to taste, if desired.

Pack into 6 hot (sterilized) 1-cup (250 mL) canning jars with tight-fitting lids, leaving ½-inch (1 cm) headspace. Scrape down sides of jars with nonmetallic utensil to remove any air bubbles. Cover with lids. Screw on bands until resistance is met; increase to fingertip tight.

Transfer to boiling water canner; boil for 10 minutes. Turn off heat. Uncover and let jars stand in canner for 5 minutes. Lift up rack. Using canning tongs, transfer jars to cooling rack; let cool for 24 hours.

PER TBSP: about 12 cal, trace pro, trace total fat (trace sat. fat), 3 g carb (trace dietary fibre, 2 g sugar), 0 mg chol, 26 mg sodium, 50 mg potassium. % RDI: 1% iron, 2% vit A, 12% vit C, 1% folate. ●

STEP-BY-STEP CANNING TIPS



1 Before sterilizing, make sure jar rims don't have any cracks.



2 Sterilize jars and lids in hot (not boiling) water for 10 minutes.



3 Fill jars; measure headspace and adjust if necessary.



4 Process according to recipe instructions and transfer to rack using canning tongs.

HOW-TO VIDEO

New to canning? Get perfect preserves every time with our step-by-step videos at canadianliving.com/canning.

PHOTOGRAPHY: FRED BIRD (1990); JEFF COULSON (OPPOSITE). FOOD STYLING, HEATHER SHAW. PROP STYLING, LAURA BRANSON

Canadian Living
YOUR WAY

FRAGRANCE SAMPLES
Some issues of *Canadian Living* Magazine include perfume strips. If you prefer to receive your copy of the magazine without perfume strips, please write to us at our mailing address.

PROTECTIVE WRAPPER
We sometimes mail your issue in a protective wrapper. If you prefer to receive your copy of the magazine without a wrapper, please write to us at our mailing address.

PRIVACY POLICY
On occasion, we make our subscriber list available to carefully screened organizations whose products or services might interest you. If you prefer that we not share your name and address (postal and/or email), you can easily remove your name from our mailing lists by reaching us at any of the listed contact points. You can review our complete Privacy Policy at canadianliving.com.

SUBSCRIPTION EXPIRY
You can determine when your subscription expires by checking the mailing label. Our mailing labels are often printed several weeks before the issue is mailed, so please allow six to eight weeks for renewals and changes of address to avoid missing an issue.

BILLING & RENEWAL NOTICES
Invoices and renewal notices are generated one week before they are mailed to subscribers. With delivery time, it is possible that your payment or renewal order will cross in the mail with our notice. If you receive yet another notice, please let us know immediately.

CONTACT US
If there is any way we can be of service, please let us know.

WE'RE AT YOUR SERVICE ON THE WEB:
RENEWALS:
renew.canadianliving.com

NEW SUBSCRIPTIONS:
canadianliving.com/subscribe

SERVICE REQUESTS:
service.canadianliving.com

BY PHONE OR MAIL:
(Please include your account number or mailing address to help us locate your file quickly.)

BY PHONE: 905-946-0275

BY MAIL: Canadian Living
P.O. Box 816, Markham Station, Markham, ON, L3P 7Z8

canadianliving.com

September 2015

APPETIZERS

Sweet Potato and Two-Cheese Tarte Tatin 84

BEEF & PORK

Ginger Miso Steak Salad 79

Quick Chorizo and Mixed Bean Stew 77

Smoky Pork Bolognese Sauce 98

CHEESE & EGGS

Eggs Poached in Tomato and Fennel Sauce 96

Halloumi and Quinoa Salad With Sumac-Lime Dressing 88

DESSERTS

The Ultimate Chocolate Chip Cookies 73

The Ultimate Crispy Chocolate Chip Cookies 73

The Ultimate Soft Chocolate Chip Cookies 73

DRESSINGS & SAUCES

Classic Chili Sauce 101

Curry Dressing 91

Five-Ingredient Cheese Sauce 106

Fresh Tomato Sauce 94

Pressure Cooker Fresh Tomato Sauce 94

Smoky Pork Bolognese Sauce 98

Sumac-Lime Dressing 88

FISH & SEAFOOD

Tomato and Fennel Poached Tilapia 80

Tomato-Coconut Shrimp Curry 95

GRAINS & LEGUMES

Brown Rice and Baby Kale Salad With Curry Dressing 91

Halloumi and Quinoa Salad With Sumac-Lime Dressing 88

Marinated White Bean and Vegetable Salad 90

Quick Chorizo and Mixed Bean Stew 77

POULTRY

Chicken and Peach Cobb Salad 88

Hoisin-Glazed Chicken With Five-Spice Broth 78

SALADS & VEGETABLES

Brown Rice and Baby Kale Salad With Curry Dressing 91

Chicken and Peach Cobb Salad 88

Crunchy Peanut and Veggie Noodle Salad 89

Eggs Poached in Tomato and Fennel Sauce 96

Ginger Miso Steak Salad 79

Halloumi and Quinoa Salad With Sumac-Lime Dressing 88

Marinated White Bean and Vegetable Salad 90

Sweet Potato and Two-Cheese Tarte Tatin 84

SOUPS & STEWS

Herbed Cream of Tomato Soup 94

Hoisin-Glazed Chicken With Five-Spice Broth 78

Quick Chorizo and Mixed Bean Stew 77

Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.

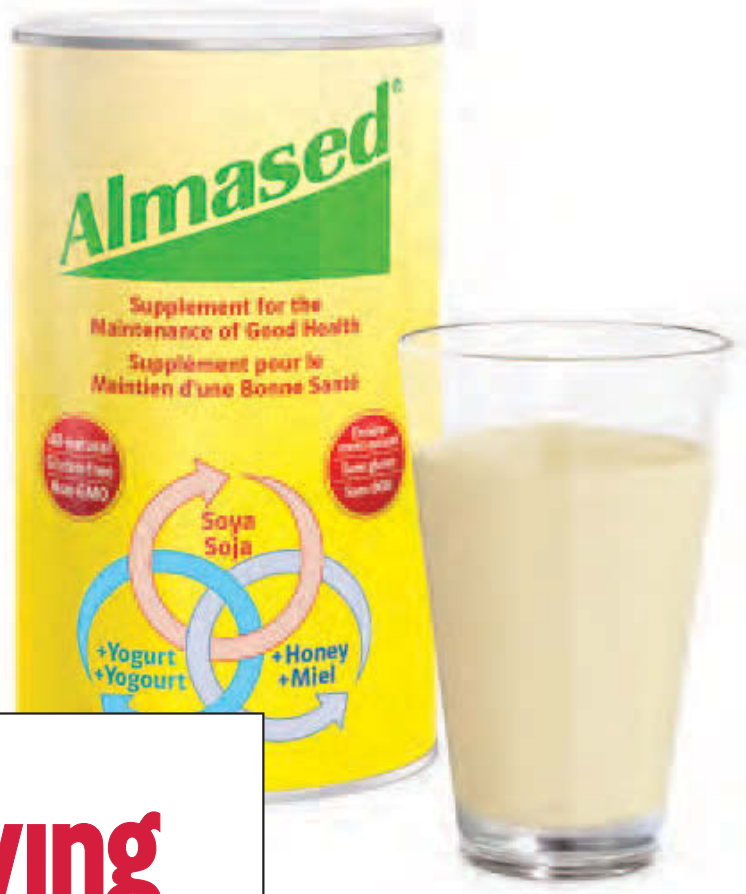
= Gluten-Free
= Dairy-Free
= Nut-Free
= Vegetarian

TO FIND OUT MORE ABOUT OUR RECIPES' NUTRITIONAL INFORMATION, GO TO *canadianliving.com/nutritioninfo.*



SIMPLY BECAUSE IT WORKS

All-natural Almased® is made from non-GMO soy, yogurt and honey in a unique fermentation process. Almased® does not contain any gluten, artificial fillers, flavours, added sugars, preservatives or stimulants. Almased® helps the body metabolize carbohydrates, fat and protein, and supports weight loss while retaining muscle mass. **almased.ca**



Canadian Living Check IT OUT!

FEATURED PRODUCTS **FROM OUR ADVERTISERS**

CLARINS OILS, A DELIGHT FOR YOUR SKIN

Clarins Oils have established themselves as beauty essentials since 1965. Blue Orchid Oil tones, revitalizes and restores radiance to moisture-depleted skin. Tonic Oil firms, tones and improves elasticity, smoothing the appearance of stretch marks. **clarins.ca**

REDUCE BREAKOUTS

Neutrogena® Rapid Clear® Foaming Scrub instantly breaks down and cleans pore-clogging oil, visibly reduces breakouts and helps prevent new pimples and acne from emerging on your skin. **neutrogena.ca**



GET YOUR BEAUTY SLEEP WITH MELISSA DREAM™

Melissa Dream™ is a natural health product, based on studies of how plant extracts can be used to calm your mind and body. This product combines herbs, vitamins, minerals and plant extracts to promote a feeling of deep relaxation and gently make you feel sleepy. At participating pharmacies and online. **newnordic.ca**



Most families have somebody suffering with:

Frequent BATHROOM TRIPS?

Women: Incontinence, bladder infections, UTI's



#4b NPN 80048480

can be controlled within days with **Bladder Control Tea for Women** available in all health food stores. Stop wearing pads and diapers. Has helped tens of thousands of women. 3 million women in Canada suffer needlessly, because the World Health Organization says antibiotics lost most of their effectiveness years ago. Yes, women can go shopping and travelling without fear of wetting or odours. Free yourself from this outdated thinking. Relief guaranteed. ■**The tea #4b worked** and there were no side effects. After antibiotics and unsuccessful surgery I was skeptical that a tea could help. The testimonials made me try it and to my delight they were true. Angela Romualdi, 46, Maple, ON ■**No more wetting accidents.** Within a week I was in complete control. Deborah Haight, 49, Collingwood, ON ■ **After trying every medication** in the last 5 years tea #4b worked better than I hoped for. Had relief in 6 days. Thank you for this great product, and above all, for truth in advertising. Marina Rosa, 57, Las Vegas, NV

Men Bell Prostate Ezee Flow Tea



#4a NPN 80051642

Men have relief in 3-5 days from dribbling, burning and rushing to the toilet. Relaxes blood flow for better erections. **Helps also with male incontinence.** Works in virtually every case. If you are considering surgery, try this tea first. Hundreds of delighted men testifying on our web site: ■**Had to get up every hour** at night. Now I get up once a night. *Joseph Whittaker, Sewell, NJ*

■ **I cancelled my prostate surgery.** Get up once a night. I'm so happy not to have to face the torment of a prostate operation and possible incontinence and impotence. *Albert E. Blain, 74, Schumacher, ON*

■**Even after TURP prostate surgery** and microwave therapy had to get up many times. Now down to 1-2 times. Tea is 100% better than drugs. *Robert G. Stocker, Eustasis, FL* ■**After 1st year drinking tea** my PSA went down to 4.5; after 2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. *Thomas M. Thurston, Forsyth, GA*



President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. *Nick A. Jerch*

100% Truthful testimonials with full names and towns. Real people you can call, if you want more reassurance. No money is paid for testimonials.
To ensure this product is right for you, always read labels and follow instructions.

ARTHRITIS

Helps to relieve joint pain associated with osteoarthritis. Guaranteed also for rheumatoid and sciatica, (My own affliction).



#1 NPN 80042283

Truthful actual experiences from real people: ■ **For 40 years I had injections and drugs and finally Bell Shark Cartilage** spared me the endless torture I suffered day and night. Pat Laughlin, Coldwater, ON ■ **My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage heals. Rebecca Hite, Oroville, CA ■ **I tried another brand and pain came back.** 2 weeks on Bell and pain is gone again. Gert Dupuis, Hanmer, ON

■ **I suffered for years.** I tried everything and finally after taking a specially processed shark cartilage I was pain free in 2 weeks. After this experience I realized I could help many of those 5 million Canadians that suffer every day and night and I started to sell this same type of shark cartilage and helped hundreds of thousands of men and women to have less pain or no pain at all. Nick A. Jerch, President of Bell Lifestyle Products. ■ **Many people on our website write:** "Can walk again for hours";"Can climb stairs without hanging on to railing";"First time in 15 years can sleep at night" **Rheumatoid arthritis** in joints down 90%, same for my sister…hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

ACNE Eczema & Psoriasis

Works by cleaning blood from the inside, instead of attacking skin with creams or washes from the outside and leaving actual cause untreated.

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell Help for Skin Disorders**"saved my life"**. My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. *Zach Lustgarten, 18, Oshawa, ON*



#60 NPN 80057652

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. *Donald E. Gillespie, 56, Innisfil, ON*

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC*

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. *Andy Yuen, 58, Vancouver, BC*

Snoring? Sleep apnea? Trouble falling asleep?



#23 NPN 80027595

As recommended by Dr. Gifford-Jones M.D. University of Toronto professor states that 69% of adults have sleeping problems. Bad sleep reduces physical and creative energy all next day. Almost all families are affected. Sleep apnea may cause high blood pressure, strokes, heart attacks and irregular heart beats. Can be very destructive in relationships. **Hundreds of true testimonials on the Bell website.**

■**I really didn't snore** or gasp for air anymore. I sleep through the night and feel rested and refreshed in the morning. Mark Wilson, 40, Hudson, NH ■**Sleep apnea capsules worked first night.** For 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. Karen Braun, 67, Glace Bay, NS ■**For 20 years I was waking up frequently** gasping for air. During the day I would start napping every time I would sit down, because I was tired. Since taking #23 sleeping 6 hours is heaven. It made a substantial change in my life. Mary C. Myrick, 62, Jackson, MS ■**It is such a joy** not having to use the CPAP machine anymore. Wayne Burse, 63, Beamsville, ON

Men in their 50s, 60s, 70s, can perform anytime like in their 20s ask for **Eroxil#6**, hundreds of testimonials on the website. **Women** can climax like in their honeymoon ask for **Erosyn#7**, a 10-year success story. **Blood Pressure Relief #26** no side effects. **Stop Excessive Stomach Acid & Reflux #39. Blood Sugar Imbalance #40. Shark Liver Oil #51** prevents colds and flus. **Supreme Immune Boosters #52. Calming Chronic Stress Relief # 66. Kidney Cleanse & Function Tea # 76** boosts kidney function by average 20%.

Try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H $9.95. No S & H if 3 bottles are ordered.

BELL

1-800-333-7995

www.BellLifestyle.ca

150901-Canadian_Living

How have you simplified your life?

Canadian Living

EST. 1975 | VOL. 40, NO. 9 | SEPTEMBER 2015

VICE-PRESIDENT & GROUP PUBLISHER, ENGLISH BRANDS *Jacqueline Loch*

EXECUTIVE ASSISTANT *Linda Gill*
BUSINESS MANAGER *Nancy Baker*
ASSOCIATE BUSINESS MANAGER *Vincent Cheung*

"I don't sweat the small stuff."

ADVERTISING SALES, TORONTO

GENERAL SALES MANAGER, CONSUMER ADVERTISING, PRINT & OOH *Kelly Whitelock*
SOLUTIONS DIRECTOR, DIGITAL *Myra Thompson*
NATIONAL SALES DIRECTORS *Andrea McBride, Anna Vecera Marto*
ADVERTISING COORDINATION MANAGER *Janice Clarke*
NATIONAL ACCOUNT MANAGERS *Charlene Colwill, Paul Cummins, Jillian Dann-Macerollo (Team Lead), Daciano de Ponte, Cathy Ellis, Gary Forshaw, Kathleen Irish, Joanne Landry, Lennie Morton, Jennifer Parker, Devyn Perry, Erin Suckling, Vanessa Watson, Lindsay Weir (on leave)*
DIGITAL NATIONAL ACCOUNT MANAGERS *Charlene Colwill, Crystal Falls, Angela Maxwell, Alicia Perrotta*
SALES ASSOCIATE *Patricia Mixemong*

ADVERTISING SALES, MONTREAL

SENIOR DIRECTOR, MEDIA SOLUTIONS, TRANSACTIONAL *Patricia Heckmann*
GENERAL MANAGER, CREATIVE SERVICES & MULTIPLATFORM MEDIA DEVELOPMENT *Jocelyne Morissette*
CHIEF, OPERATIONS *Josée Rivest*
CHIEF, ADVERTISING BRAND *Marie-Isabelle Pépin*
NATIONAL SALES DIRECTORS *Patricia Côté, Amy Harbinson*
CHIEF, DIRECT SALES *Anne Scheffer*
MULTIPLATFORM ACCOUNT SALES DIRECTORS, MAGAZINE *Stéphanie Cusson, Mélissa Garnier, Kathy Marquis, Stéphanie Mercier*
SALES COORDINATOR *Mouna Amal Labbize*

"I cut the cord! No more mindless TV watching."

MARKETING & CREATIVE SOLUTIONS

CREATIVE BRAND DIRECTOR *Laura Denton*
MANAGER, STRATEGY & IDEATION *Stevie Gorrie*
STRATEGISTS *Jessica Lee (on leave), Marcela Perez, Sarah Drake*
ART DIRECTORS *Suzanne Lacorte, Peter Robertson, Susan Jackson*
CREATIVE BRAND SPECIALIST *Mandy Johnson*
CLIENT DELIVERY *Lily Bonney, Melissa Carmichael, Marni Lakshman, Rob Stephenson, Inga Terzopoulos, James Trimbee*

"Paperless billing and unsubscribing from loads of unnecessary emails!"

MARKETING, COMMUNICATIONS & EVENTS

DIRECTOR *Silvana Sciortino*
BRAND MANAGER *Carlie McGhee*
PROJECT MANAGER *Amanda Usher*
SENIOR DESIGNER *Colin Elliott*
INTERN *Laura O'Neill*

"Not putting pressure on myself to keep in touch with people. We're all busy—they'll get over it."

VICE-PRESIDENT, CONSUMER MARKETING, ENGLISH MAGAZINES *Christopher Purcell*
DIGITAL MARKETING MANAGER *Jason Patterson*
PRODUCT MARKETING MANAGERS *Yen Duong, Amanda Stone*
DIRECTOR, NEWSSTAND SALES *Pat Strangis*
GROUP CIRCULATION DIRECTOR *Doris Chan*
DIRECTOR OF OPERATIONS *Sylvain Coutu*
PRODUCTION COORDINATOR *Judy Strader*
FULFILLMENT SPECIALIST, CONSUMER MARKETING *Angela Gresseau-Okalow*
DIRECTOR, INFORMATION TECHNOLOGY *Rob Batten*
IT PROJECT MANAGER *Colleen Simm*
TECHNICAL SUPPORT *Jean-Marc Kwongchip, Quentin Summers, JP Timmerman*

TVA PUBLICATIONS INC.

PRESIDENT & CEO *Julie Tremblay*
VICE-PRESIDENT & GROUP PUBLISHER, MAGAZINE DIVISION *Lucie Dumas*

EDITOR-IN-CHIEF *Sandra E. Martin*

"I got rid of every collection I can access digitally: music, movies and most of my books."

FOOD DIRECTOR *Annabelle Waugh*
FASHION & BEAUTY DIRECTOR *Julia McEwen*
HOME & GARDEN DIRECTOR *Brett Walther*
MANAGING EDITOR *Day Helesic*

"A one-in, one-out policy for clothes and shoes."

TEST KITCHEN

SENIOR FOOD SPECIALIST *Irene Fong*
FOOD SPECIALISTS *Jennifer Bartoli, Amanda Barnier*
ARTICLES EDITOR, FOOD *Gilean Watts*
INTERN *Jessica Bronstein*

"I spent more money on a smaller house to spend less time in traffic and more time with family."

ART

CONSULTING DESIGN DIRECTOR *Brendan Fisher*
ACTING ART DIRECTOR *June F. Anderson*
SENIOR ASSOCIATE ART DIRECTOR *Henrietta Poon (on leave)*
CONTRIBUTING ART DIRECTORS *Lisa de Nikolits, Leanne Gilbert*

FEATURES

HEALTH EDITOR *Kate Daley (on leave)*
CONTRIBUTING HEALTH EDITOR *Tralee Pearce*
SPECIAL PROJECTS EDITOR *Jill Buchner*
ASSOCIATE EDITOR, FASHION & BEAUTY *Andrea Karr*
CONTRIBUTING EDITOR *Jacqueline Kovacs*
HEALTH ADVISORY BOARD *Ananya Tina Banerjee, registered kinesiologist; Dr. Jeff Donovan; Dr. Dara Maker*

COPY & OPERATIONS

"Do things as they arise—no procrastination!"

EDITORIAL OPERATIONS & ASSISTANT
BUSINESS MANAGER *Olga Goncalves Costa*
COPY EDITOR *Stephanie Zolis*
CONTRIBUTING COPY EDITORS *Ruth Hanley, Debbie Madsen Villamere*
ASSISTANT EDITOR *Teresa Sousa*
INTERNS *William Dixon, Thalia Gamage, Natalie Wong*

CANADIANLIVING.COM

WEB EDITORS *Jennifer Goldberg, Daniela Payne (on leave), Jenny Potter, Claire Sibonney*
WEB PRODUCER *Linda Cotrina*

CANADIAN LIVING DIGITAL

CONTENT DIRECTOR, MULTIPLATFORM EDITIONS, BOOKS & SPECIAL ISSUES *Jessica Ross*
CREATIVE DIRECTOR, DIGITAL EDITIONS *Chris Bond*
PRODUCTION DESIGNER, DIGITAL EDITIONS *Andrew Tran*

"I've learned to say 'no' without the guilt."

Recipe & magazine inquiries: 416-733-7600, ext. 3501 | letters@canadianliving.com
Subscription inquiries: 905-946-0275 | canadianliving.com
Advertising inquiries: Patricia Mixemong | 416-733-7600, ext. 3613

CANADIAN LIVING MAGAZINE is published monthly by TVA Publications Inc., 25 Sheppard Ave. W., Suite 100, Toronto, ON M2N 6S7, 416-733-7600; in USA, 300 International Dr., Suite 200, Williamsville, NY 14221. Printed at Transcontinental Printing 2005 G.P. RBW Graphics, 2049 20th St. E., Owen Sound, ON N4K 5R2. Distributed by Coast to Coast Newsstand Services. Postage paid at Gateway in Mississauga, ON. Periodicals postage paid at Buffalo, NY USPS 710-890. US Postmaster: send address changes to P.O. Box 766, Buffalo, NY 14240-0766. ISSN 0382-4624. Publication mail agreement #41557548. Return undeliverable addresses to: TVA Publications Inc., 1010 rue de Sérigny, 4th floor, Longueuil, QC J4K 5G7. All reproduction requests must be made to: COPIBEC (paper reproductions), 1-800-717-2022; CEDROM-SNi (electronic reproductions), reproduction@cedrom-sni.com. Cover price: $3.99. Canadian subscriptions: one year $27.98 (plus tax). US subscribers add $48 shipping (payable in advance). All other countries add $152.55 shipping (payable in advance). Download the Canadian Living app for iPad on the App Store. Digital editions are also available on Zinio, Kobo, Press Reader, Nook and Google Play Newsstand. Contents copyright 2015 TVA Publications Inc. We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage. Canada

TVA Publications
PMB
PRINTING PAPER IS A RENEWABLE RESOURCE. THINK RECYCLING!
Alliance for Audited Media MEMBER
MEMBER OF Magazines Canada
FSC www.fsc.org MIX Paper from responsible sources FSC® C011825

FIVE-INGREDIENT CHEESE SAUCE

Measure out 1 cup milk. In small saucepan, whisk 1 tbsp all-purpose flour with 3 tbsp of the milk until smooth. Gradually whisk in remaining milk; cook over medium heat, whisking constantly, until thickened, about 5 minutes. Remove from heat. Add 1 cup shredded Cheddar cheese, 2 tsp Dijon mustard and pinch salt. Stir until cheese is melted and sauce is smooth.

Makes about 1¼ cups.

PER 2 TBSP: about 61 cal, 4 g pro, 4 g total fat (3 g sat. fat), 2 g carb (1 g dietary fibre, 1 g sugar), 14 mg chol, 94 mg sodium, 47 mg potassium. % RDI: 10% calcium, 1% iron, 5% vit A, 2% folate. ●

easy cheesy

Perk up your fave veggies with our velvety five-ingredient cheese sauce!

BY JENNIFER BARTOLI & THE TEST KITCHEN

TESTED TILL PERFECT

HOW-TO VIDEO

Watch how to make this recipe at canadianliving.com/cheesesauce.

PHOTOGRAPHY, JEFF COULSON. FOOD STYLING, CHRISTOPHER ST. ONGE. PROP STYLING, SASHA SEYMOUR



Like any household detergent, keep away from children.

©2015 P&G

Your body changes 500+ times a day.
Your deodorant should keep up.

Body changes can cause odour. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&Responds Technology.™ **FEARLESSNESS.** APPLY DAILY.

Money Back Guarantee

© Procter & Gamble, Inc., 2015